

# HEALING AND GROWTH

## For LGBTQ Survivors of Domestic and Intimate Partner Violence

This new group will meet weekly for 8 weeks, covering a variety of topics critical to recovering and healing from interpersonal violence and abuse.

### Topics to be covered:

- Safety
- What is Abuse?
- Survivor's Experience
- Healing and Recovery
- PTSD and Trauma
- Boundaries
- Relationships

This group is free and confidential.

Group will begin on Wednesday, February 13<sup>th</sup> (6PM-7:30PM).

Group to be held at Q Center  
4115 N. Mississippi Ave.

REGISTRATION REQUIRED  
Contact Jill W. to enroll.  
503.384.8790  
[jillw@bradleyangle.org](mailto:jillw@bradleyangle.org)



Is this group appropriate for you?  
Have you felt unsafe with your partner?  
Do you ever feel socially isolated?

Controlling partners can display a number of behaviors but they can include: manipulation, unrealistic or unclear expectations, ignoring boundaries, belittling comments, coercive sexual behaviors, or using intimidation.