

# Domestic Violence Support Group

# THRIVE



***“THRIVE GROUP” offers a safe space for survivors of domestic violence to make positive changes***

- Create connections with others who've had similar experiences
- Build self-esteem
- Become emotionally independent
- Set goals and plans
- Establish healthy boundaries
- Gain life skills
- Learn what healthy relationships are
- Practice trauma-informed mindfulness exercise/yoga

Are you ready to take action and make a change in your life? The new groups have just started in October 2024. For more information about the group's time and location, please email the Director of Case Management & Outreach at [hminami@dvrnm.org](mailto:hminami@dvrnm.org)

Our program does not provide credit for court mandated therapy or court approved.

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