



Educational Health & Wellness Support Groups



For Intimate Partner Violence Survivors

Two Different Virtual Group Times Offered Starting in September:

The first Tuesday of every month, 6:00 – 7:30pm

The third Wednesday of every month, 10am – 11:30am

Group topics will include

- the impact of trauma on the body
- physical and emotional wellness
- strategies for healing
- grounding techniques and more

Who should attend this group?

This group is for survivors of intimate partner violence who want to explore health and wellness, in their healing journey.

Groups are FREE!

Interested in joining?

Email dvcoalition@medchi.org or call us at 410-685-1814 or 410-878-9893.

Need immediate support?

National Domestic Violence Hotline:
1-800-799-7233

To find your local domestic violence hotline: <https://www.mnadv.org/get-help/domestic-violence-service-providers/>



MARYLAND HEALTH CARE COALITION *Against Domestic Violence*