

# Virtual Support Group

## For Older Women Survivors of Intimate Partner Violence (Approx. 60+ Years of Age)

### Who should attend this group?

This space is designed for older women who have experienced IPV, including those in long-term abusive relationships, to connect with peers and explore healing strategies related to aging, long-term trauma, and wellness in later life.

### Group topics will include:

- Navigating healing after years of trauma
- Building social connection and reducing isolation
- Coping with physical and emotional changes related to aging
- Reclaiming identity and purpose

### Interested in joining?

Email [dvcoalition@medchi.org](mailto:dvcoalition@medchi.org) or call us at 410-685-1814 or 410-878-9893.

This group is held every second Tuesday and fourth Tuesday of the month, from 6:00pm – 7:30pm.

### 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/>

**Groups are FREE!**



**MARYLAND HEALTH CARE COALITION** *Against Domestic Violence*