H.O.P.E. Circle

Helping Others through Positive Encouragement

Discussion Topics

- **Power and Control**
- **Evaluating Relationships**
- **Building Self-Esteem**
- **Safety Planning**
- **Boundary Setting**
- **Nurturing Children and Teens**
- **Handling the Transition**
- **Self-Care**

Support Circles are held every first and third Wednesday of the month, 6:30pm to 7:30pm. If you are experiencing abuse from an intimate partner, you are invited to join us for the H.O.P.E. Circle.

For more information, please call 850-892-0333 or 850-243-1201

Support Circles are free.

All information discussed is confidential.

Domestic Violence Victims' Support Circle 892-0333 or 243-1201
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