



Daytime Writing Group for Survivors of Domestic Violence

Are you...

- A survivor of domestic violence?
- Interested in writing to promote healing and self-expression?
- Ready to explore, process, and share your experience?

The Daytime Writing Group for Survivors is a closed 8-week group designed to promote healing and self-expression through writing for survivors of domestic violence.

Mondays 10-11:30 AM

March 14
March 21
March 28
April 4
April 11
April 25
May 2
May 9



Survivors of domestic violence often need a safe space to work through emotional challenges that remain even after abuse has ended. Support is available, and writing can be a powerful tool for survivors.

Benefits of writing include:

- Improved mood
- Reduced stress
- Reduced anxiety
- Greater self-awareness
- Improved self-esteem

To register for **The Daytime Writing Group for Survivors** and/or for more information, please contact Lindsay at 617-770-4065 ext. 103. **Please note:** all participants are required to complete a phone intake prior to participation in the first session.

