



Hosted by Battered Not Broken, Inc.

H.E.A.L

Hope. Empowerment. Acceptance. Love

*Women Supporting Women*



*Virtual Support Group*

OCTOBER DOMESTIC VIOLENCE  
AWARENESS THEME MEETINGS



October 5, 2023 - Unmasking the Hidden Pain

October 12, 2023: Rebuilding Self-Esteem and Self-Worth Thursday,

October 19, 2023 Managing Triggers and Emotional Landmines

October 26, 2023, Establishing Healthy Boundaries

Visit: [www.bit.ly/WOMENHEAL](http://www.bit.ly/WOMENHEAL) to [RSVP](#) & receive meeting link instructions to join us!