



In collaboration with the Stoneham Alliance Against Violence and the Stoneham Police Department

Please join us for a learning series 6:30 pm—8 pm beginning Thursday, September 13th through Thursday, October 25th. Come to as few or as many sessions as you'd like! We meet at the Stoneham Library at 431 Main Street, Stoneham, MA—join us to learn more!

What is Abuse?

Domestic violence is a local and global public health epidemic. Are you or is someone you know being abused? How can you best seek or give support and information?

Abuse is a pattern of controlling and coercive behavior one individual uses over another to gain power and control in the relationship. People who are abused often blame themselves, think no one will believe their story or think their situation is hopeless with no way out. Sometimes people may not be sure if they are being abused. Topics will include:

- Healthy Relationships
- Warning Signs of Abuse
- How You Can Help
- Self Esteem and Self Care
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- What is Abuse
- Why It's Hard to Get Help
- Building and Setting Boundaries

Contact a caseworker for more info. and to sign up!

(617) 623-5900

This project was supported by Grant No.2011-WE-AX-0017 awarded by the Office on Violence Against Women, US Dept.of Justice.The opinions,findings,conclusions,and recommendations expressed in this publication are those of the author and do not necessarily reflect the views of the Dept.of Justice,Office on Violence Against Women.



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