



## *Healing & Eliminating Abusive Relationships in Teens*



Do you feel like you're in a hurtful relationship?

Don't know who to turn to for help or information?

*Afraid to tell your family, friends, school counselors?*

Do you know someone who may need help?



H.E.A.R.T. is an open support group for teens ages 13-21 that will meet weekly to provide psychoeducation on how to detect an abusive relationship and how to overcome it in a healthy and positive way. The group will meet once a week for those that want to gain knowledge and information, either for themselves or for someone they feel is in an abusive situation.



H.E.A.R.T would review:

- ✚ How to detect an abusive relationship.
- ✚ What to do when you think you're in an abusive relationship.
- ✚ Information on types of abuse, including physical, emotional/psychological, sexual, or financial abuse.
- ✚ Steps on how to increase one's self-esteem and confidence in order to take away from an abusive relationship.
- ✚ Options in dealing with social pressure as a teen.
- ✚ Completely CONFIDENTIAL.



If you or someone you know would like more information or are interested in signing up for this group, please contact Tracy Basile at 437-4673 or email to [HEARTatHOPE@yahoo.com](mailto:HEARTatHOPE@yahoo.com) to register.

Check us out on Facebook (H.E.A.R.T.: Healing and Eliminating Abusive Relationships in Teens) and Myspace ([www.myspace.com/heartathope](http://www.myspace.com/heartathope))