

**Eliot Center  
Support Group  
for  
Women**

***Subsidized by Domestic Violence Services  
Network, Inc. (DVSN)***

*DVSN collaborates with 12 area police departments,  
Emerson Hospital, and Concord District Court to  
provide outreach and direct support to victims of  
domestic violence in ways that respect their dignity  
and safety.*

**To Sign Up Call**

**978-369-1113**

## Do I have a controlling partner?

Some of the characteristics of a controlling partner may include:

- Wanting you to spend all of your time with them, and expecting you to check in with them about where you are and who you are with
- Being extremely jealous and/or possessive
- Maintaining control of all finances and household decisions
- Calling you names and disrespecting you
- Isolating you
- Pushing, hitting, shoving, or otherwise hurting you or putting you in fear of being hurt
- Refusing to take responsibility for any discord in the relationship
- Making you feel guilty and that it is your responsibility to "keep the peace"
- Physically forcing or verbally coercing you to have sex

## Eliot Center Support Group for Women

This group, led by a licensed psychotherapist, will meet once a week for 10 weeks. Together we will share our stories in a confidential environment.

Our goal is to feel less alone, to make sense of frightening and confusing experiences of verbal, emotional and/or physical abuse, and to develop strategies for self-care, safety, sanity and empowerment.

The following topics will be discussed:

- Telling Your Story
- Verbal Abuse and Self-Esteem
- Controlling Behaviors
- "Crazy-Making" Tactics and Communication Skills
- Physical and Sexual Assault and Intimidation
- Establishing Safety

*Most insurance plans accepted including Mass Health and Tri-Care.*

**For More Information  
Please Call Eliot Center  
978-369-1113**

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