



RESPECT | INSPIRE | SUPPORT | EMPOWER

## **Cultivating Healthy & Safe LGBT Relationships**

### **12-Week Support Group meets every other Thursday 5:30-6:30 PM**

Open to Anyone 18+ LGBT

**Issues/Themes:**

- Education on Power, Control, and Cycles of Abuse
- Address Issues Around SA/IPV
- Learn Coping Skills and Body Awareness
- Develop Non Violent Communication Skills

**DATES | Feb 23, March 9 & 23, April 6 & 20, May 4 & 18, June 1 & 15 & 29, July 13**

**LOCATION | RISE Office, 51 Zaca Lane #100, San Luis Obispo**

This is an open group facilitated by RISE staff Matias Bernal & Maia Kiley  
Please call Matias at (805) 226-6791 for an intake.



**TOLL-FREE 24-HOUR CRISIS LINE:**

Línea telefónica para crisis, gratis y disponible 24 horas al día

855-886-RISE (7473)

**RISEslo.org**