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FOR IMMEDIATE RELEASE

Domestic Violence Solutions for Santa Barbara County Provides Safe Virtual Space for Survivors to Learn and Connect

SANTA BARBARA, Calif., July 22, 2021 - Domestic Violence Solutions (DVS) for Santa Barbara County is pleased to offer virtual bilingual support groups (English/Spanish) for survivors of domestic violence, free of charge.

DVS invites survivors to have a safe place to learn about various intimate partner violence topics in a small group setting and connect with those who share similar experiences.



Domestic Violence 101

The **Domestic Violence 101 support** group will run for six weeks and is free of charge. Participants can join any week and attend as many classes as they would like.

The group meets the following days and times:

Fridays: July 23, 30, August 6, 13, 27, and September 3
12:00 - 1:00 pm (English) and 1:15 – 2:15 pm (Spanish)
Zoom Link: [Please view flyer](#)

The following topics will be addressed:

- Week 1: Intro – What is domestic violence?
- Week 2: Why don't they leave?
- Week 3: Effects of domestic violence on the victim
- Week 4: Effects of domestic violence on children
- Week 5: Characteristics of the abuser
- Week 6: Characteristics of a healthy relationship

Please note: Domestic Violence 101 educational classes are facilitated by trained counselors.

For more information and to view the Zoom link, please download the [bilingual flyer](#).

Questions? Please email counseling@dvsolutions.org or call 805.964.5245.

Domestic Violence Solutions provides safety, shelter and support for individuals and families affected by domestic violence and collaborates with community partners to raise awareness regarding the cause, prevalence and impact. For more information, to make a donation or to learn about upcoming events, please visit dvsolutions.org.