**Domestic Violence Support Group Available to Women in Lake Norman Community**

**Cornelius --** Safe Alliance, formerly United Family Services, announces that its domestic violence support group in the Lake Norman region will resume meeting this Wednesday, January 9, 2013. The group enables participants to meet regularly, discuss common issues and concerns, while establishing a local support network.

The goals of the domestic violence support group include:

* Providing a safe place for women to express feelings openly in a non-judgmental environment.
* Learning from other group members while sharing success stories and challenges in transitioning from violent situations to safety.
* Supporting individuals in varied stages of trauma related specifically to domestic violence.

“All women deserve to be in an emotionally stable and physically safe relationship,” said Safe Alliance Victim Advocate Amy Putnam. “If you have ever felt that you have been in an emotional or physically harming relationship, you are not alone. We believe that through our group victims can experience empowerment through the support of others who have gone through similar experiences.”

Safe Alliance domestic violence support groups are held every other Wednesday, beginning January 9, 2013 in a confidential location.

Support group meetings are facilitated by Amy Putnam, Safe Alliance Victim Advocate and Heather Chavis, Client Care Specialist.

For more information about attending domestic violence support group meetings, please call (704) 808 4743. Please know that your inquiries will be handled as private and confidential.

Safe Alliance supports victims of domestic and sexual violence, and child abuse and helps people build safe, healthy relationships. We do this through a continuum of shelter, counseling, legal and advocacy services serving over 20,000 people a year in Mecklenburg, Cabarrus, Union and south Iredell counties while reaching 20,000 more through advocacy and education.

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