

Group Schedule

Monday: English & Spanish, Main Office, 6:30-8:30 pm

Tuesday: English & Spanish, Main Office, 6:30-8:30 pm

Men's Support Group: call 408-501-7550 for info

Thursday: MAVEN Support Group (For women 50 and Older), Main Office, 4:30-6:30 pm

Monday: Support Group, 6:30-9:00 pm, St Mary's church, 219 Bean Ave, Los Gatos, CA 95050. Contact person: Sidney, 408-482-5112

What You Can Do

- * Contact a domestic violence agency for information and to develop a safety plan.
- * Seek legal advice
- * Join a support group
- * Do not retaliate with abuse
- * Keep a record of incidents
- * Take pictures of all injuries
- * Make sure police record injuries
- * Arrange for a safe place to go; keep money, important documents, medications and record in a safe place.
- * Always seek medical attention for injuries
- * Don't keep the abuse a secret; tell a trusted friend or relative.
- * Remember domestic violence in a crime and needs to be reported.



Support Groups



NEXT DOOR SOLUTIONS TO DOMESTIC VIOLENCE

234 East Gish Rd Ste 200
San Jose, CA 95112

Phone: 408-501-7550
Fax: 408-441-7562
Crisis Hotline: 408-279-2962
www.nextdoor.org

Next Door welcomes all victims of domestic violence. We do not discriminate in the basis of race, color, age, gender, sexual orientation, national origin, religion, military status, pregnancy, or disability.

SUPPORT GROUPS

About the Support Groups

The support groups are in Spanish & English, and they meet on Monday and Tuesday nights from 6:30-8:30 pm.



We Care

The 16-week psycho-educational drop-in groups meet both court order standards and social agency standards.

They are educational, supportive, and fun. It gives women an opportunity to learn about domestic violence, characteristics of a batterer, and safety planning in a warm, comfortable and relaxed atmosphere.

Women can share openly and confidentially with one another and learn creative and applicable ways to end the cycle of violence.

Each week for those who need proof of attendance we have a form they can take with them. At the end of the 16-weeks attendees are given a Certificate of Completion.

TOPICS may include, but not limited too:

- Week 1: Domestic Violence 101
- Week 2: Characteristics of a Batterer
- Week 3: Safety Planning
- Week 4: Boundaries
- Week 5: Healthy Relationships
- Week 6: Communication Part 1
- Week 7: Communication Part 2
- Week 8: Effects of Domestic Violence on Children
- Week 9: Feelings
- Week 10: Belief Systems
- Week 11: Self-esteem
- Week 12: Socialization
- Week 13: Addiction & Recovery
- Week 14: Stress/ Goals
- Week 15: Reinventing Yourself
- Week 16: Celebration of Women

These actions are not part of normal relationship problems. They are abuse.

- Stalking
- Harassment
- Threats
- Blaming/Manipulation
- Destroying your possessions
- Insults
- Name calling
- Harming you physically
- Threatening to take the children
- Throwing objects
- Punching holes in the walls
- Controlling the finances
- Making you think you are crazy, stupid or can't do anything right
- Hurting children or animals
- Threatening murder or suicide
- Isolating you from friends & family
- Pressuring or forcing you into unwanted sexual activities