

Women's Options

Women's Options is a support group for women age 17 or older in unhealthy or abusive relationships.

Sponsored by Catholic Services of Macomb, Women's Options helps women to

- ✓ identify and understand the "red flags" of unhealthy relationships
- ✓ understand the cycle of rage and resulting behaviors
- ✓ develop the ability to set boundaries with others
- ✓ develop a sense of healthy independence

Love shouldn't hurt. Explore your options. Take the first step to understanding, choices, and control.

**For additional information or to register for Women's Options,
call Catholic Services of Macomb
586.416.2300**