

## Learning Objectives

Participants will learn:

1. The warning signs of emotional abuse, and how to stop it;
2. What to do when boundaries are challenged;
3. Victim issues that specifically impact the emotional/physical well-being of their children;
4. How substance abuse destroys healthy problem solving;
5. How to change from a passive, coping lifestyle to an assertive, constructive one;
6. How to identify and resolve suppressed anger;
7. How to restore self-esteem and self-worth.

Program Manager

Cary Pilet, ARNP, MSN

Cary specializes in family practice medicine. Over the past ten years she has dealt with the physical and emotional wounds of battered women that came to her for treatment. Her decade long experience in assisting victims has proven her methods work to jumpstart victims on their way to recovery. She is the coauthor of the award winning book "**Love, Lost and Found.**"

## How do I register?

Call us at (813) 933-8865 or go to [www.InterventionsInc.com](http://www.InterventionsInc.com)

## What if I'm Nervous?

We expect you to be nervous, anxious, or even angry; most find it difficult to attend the first class. However, our job is to make you comfortable so that you can learn in a relaxed environment.

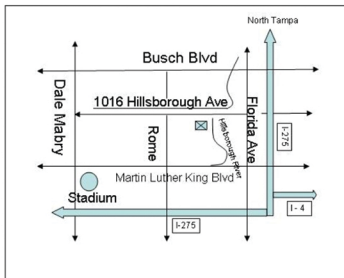
*Change is a process of  
exercising alternative behaviors  
and experiencing positive  
feedback rewards.*

### Office Hours:

Monday – Friday 8:30 am -- 9:00 pm

Saturday 8:30am -1pm

\* Group Times Vary. However there are various Day, Night and Weekend group meetings.



# Victims of Violence

A New Program designed for the  
*Non-Offending Partner* in a  
Domestically Violent relationship



**Interventions Enterprises, Inc.**

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[www.InterventionsInc.com](http://www.InterventionsInc.com)

**“Making a Difference  
... In a Difficult World”**

**Serving Tampa Since 1993**

Approved provider of the  
13<sup>th</sup> Judicial Circuit Court  
Hillsborough County, Florida

## Who would benefit from this program?

Anyone that has suffered the physical and emotional trauma of a violent batterer. Recovery requires the victim to actively participate in the healing process; time alone does not heal the damage of being violated.

## What can I expect from this program?

Proven methods that give immediate assistance and direction for positive change. Hands-on assistance from your facilitator/coach.

## What if my issues are unique?

Violence affects everyone differently. Our program is designed to allow your facilitator to become familiar with your circumstances and provide information tailored to your needs.

## How many classes are there?

There are ten classes that last about 1 hour and 15 minutes.

## MISSION STATEMENT

*We are committed to helping individuals and families learn the skills necessary for problem solving in meeting their goals so that they can lead happy and prosperous lives.*

## Why might I benefit from this program?

- Professionals working with you one-on-one to give personalized guidance that is directed to your needs.
- You will gain a sense of direction as you develop a game plan that enables you to measure your progress.
- You will learn there is a thing called "normal"; you will be able to restructure your understanding of more meaningful roles, rules, rituals and routines.
- Free follow-up for 6 months after you complete the program.

## **Instructional Materials:**

- Workbook
- Manual
- Handouts

*\* Fees are sliding scale from \$15 to \$35. All materials are provided at no added cost.*

*If, for any reason, you are not satisfied, we can refund your fees and refer you to another agency*

## **Other Services Available:**

- Anger Management;
- Domestic Violence Batterer;
  - Levels 1, 2, & 3.
- Substance Abuse:
  - Out-Patient Treatment
  - Psycho-educational
- High Conflict Parenting;
- Individual Counseling;
- 5 Minute Drug Screens.

