

**For Immediate Release:
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How's That Working 4 U?

Bennington and Manchester, Vt. — Domestic violence leaves scars. But those scars can heal with the right help.

Now, just for youth between the ages of 14 and 18 who have been exposed to or experienced domestic violence, there is a new group workshop available specially designed to help. United Counseling Service is offering the workshop in collaboration with Project Against Violent Encounters.

This group workshop provides youth with hands-on activities and new skill-sets to learn positive communication, stress reduction, safe dating, components of abuse, violence prevention, qualities of a healthy relationship while building or enhancing their leadership qualities.

Goals for participants are:

- Demonstrate new communication skills
- Understand that we can make a difference
- Build on strengths and form leadership qualities
- Develop healthy relationships with family, friends, and intimate partners
- Identify community resources and supports
- Develop creative outlets for coping with frustrations

The group will run for 8 sessions, once a week, from 3-6 p.m. starting January 13, 2009, and will meet at the Family Emergency Services Building at 21 Burgess Road in Bennington.

Please try to make referrals as soon as possible. For further information, contact Debby Stanlewicz at 442-2370 or 447-8270 Ext. 21.

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