

## Disability Awareness Resource Team

(DART) presents HOPE, Homeless Women Peer Empowerment Group

Are you a woman over the age of 18 who self-identifies as having a disability who has experienced homelessness and domestic violence and/or sexual assault? You are not alone! Join us for a peer-to-peer journey with other women in a small group setting to create the positive changes you have within.

Individual Intake is required, then drop-in group is welcomed. Space is limited. The group will meet at **Rose Haven**.

For dates and times call 503-988-6481.

Topics may include:

- What is abuse/What is Domestic Violence and Sexual Assault?
- What is consent?
- Myths and Facts.
- Safety Planning for Women Experiencing Homelessness.
- Self-Care and Trauma-informed Care.
- Local Resources.
- Crime Victim's Compensation Program.
- Sexual Assault, Domestic Violence and Disability.
- Mindfulness

Group participants may be eligible to receive bus tickets and hotel vouchers.

For more information about HOPE contact Jill Tucker, group facilitator, [jillrtucker@gmail.com](mailto:jillrtucker@gmail.com) or (503) 988-6481