

# Domestic Violence

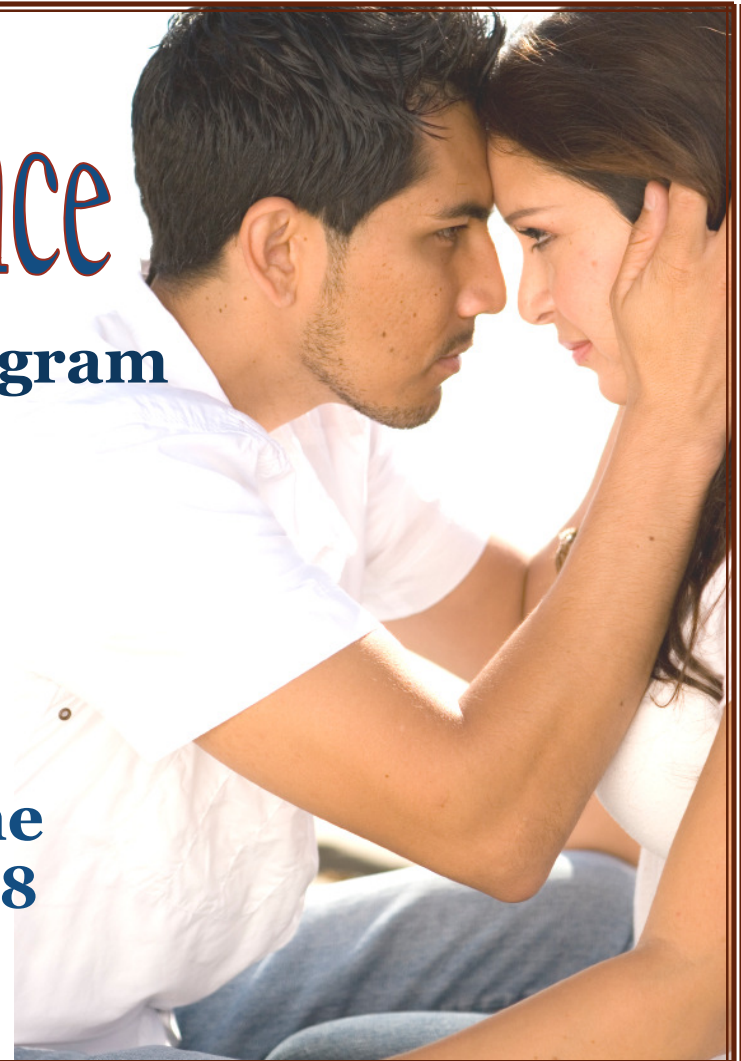
**Family Enrichment Program**

**Probation/Court  
Approved**

**TUESDAYS**

**5:00 to 6:00 p.m.**

**Alpine Family Medicine  
1620 Alpine Blvd. Ste. 118  
(619) 445-6200 x 151**



Mountain Health & Community Services is offering a 15-week (1 hour / week) program to educate individuals who have been involved in relationship violence, on ways to decrease future incidents of violence within their families. You will learn new skills for leading a happier life for both you and your loved ones. Participants are encouraged to analyze past unhealthy behaviors and apply new learned skills.

**We accept most insurances including Medi-Cal**

*Program of  
Mountain Health & Community Services, inc.  
Behavioral Health Dept.*

## ***Subjects include:***

- ***Self-management skills***
- ***Positive ways to express feelings***
- ***Dealing effectively with criticism***
- ***Solving conflict in a respectful way***
- ***Creating program goals & objectives***
- ***Increase self-esteem***