

AVDA
end abuse / begin again

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For more brochures call:
713-224-9911

COUNSELING SERVICES

It's your life.
You deserve better.



United Way of Greater Houston

713.224.9911
1001 Texas Ave., Suite 600, Houston, TX 77002
avda-tx.org

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Abuse comes in many forms. You may be in an abusive relationship if your partner is:

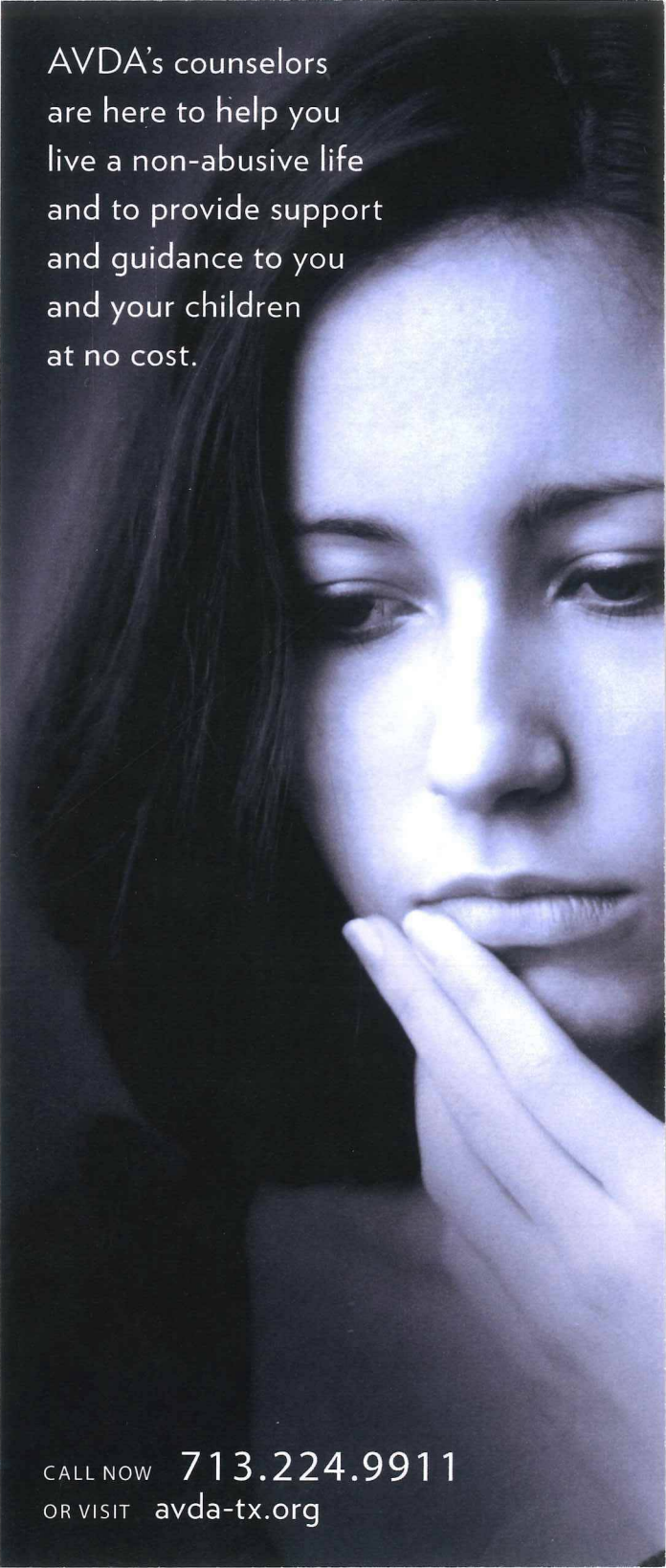
- Physically harming you
- Threatening to hurt you, your loved ones or themselves
- Pressuring you to have sex
- Acting in ways that scare you
- Controlling you
- Blaming you for the abuse
- Taking money or refusing to give you money
- Keeping you from seeing loved ones

COUNSELING SERVICES

Being in an abusive relationship can be very frightening. AVDA's counselors will help you through this difficult time by providing support and information. In addition to free, confidential counseling services for adult survivors and their children, we offer support groups (English and Spanish), safety planning, emergency financial support, and help with education or training.

OUR COUNSELORS CAN ALSO HELP WITH

- Depression or anxiety
- Post-Traumatic Stress Disorder
- Sexual abuse
- Childhood trauma
- Parenting challenges
- Referrals and resources
- Safety planning



AVDA's counselors are here to help you live a non-abusive life and to provide support and guidance to you and your children at no cost.

CALL NOW **713.224.9911**
OR VISIT avda-tx.org