

# Domestic Violence Counseling Information for D.O.S.E. Page 1 of 2

*Building a Stronger Community by  
Strengthening the Family*

## **D.O.S.E.**

**Developing Opportunities for a Safe Environment**

Triangle Family Services has been helping families in crisis for 77 years for one reason— we believe change for the good is possible. Our award-winning DOSE program is one of the largest and most recognized Batterer Intervention Program in the state. This 26 week program is designed to facilitate positive behavior change with the hope of keeping families healthy and safe; teaching alternative coping strategies and problem solving skills. Our program is designed to be practical, flexible and family friendly!

*DOSE also offers these unrivaled services:*

- ✓ 98% Success rate ✓ Daytime, Evening and Weekend Classes
- ✓ English and Spanish Speaking Classes ✓ 3 Convenient Locations
- ✓ Free Childcare ✓ Easy Accessibility on the TTA Bus Route (#12 method rd.)
- ✓ Open to Court, CPS and DSS referrals as well as Volunteers

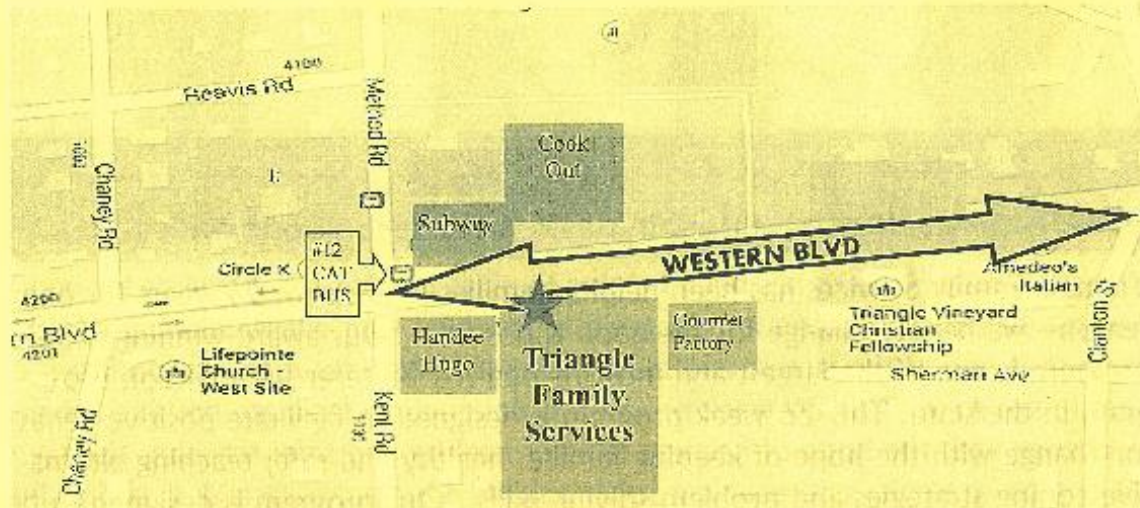
*"I have learned so much about relationships in this group. The tools and knowledge I have gained in DOSE will help me make better relationship decisions. It has helped me tremendously already in my life and I know it will be useful in the future."*

*~Previous DOSE client*

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## HOW DO I GET STARTED?

Just bring your court order to our office located at 3937 Western Blvd on Monday 8am-6pm, Tuesday-Thursday 8am-5pm, Friday & Saturday 8am-12pm. If you have additional questions please feel free to call us at 919-821-0790 x 346.



### TRIANGLE FAMILY SERVICES

Helping Families in Crisis

3937 Western Blvd. Raleigh, NC 27606

Phone: 919.821.0790 x 346 Fax: 919.518.9438

[www.tfsnc.org](http://www.tfsnc.org)

### *Additional TFS advantages:*

- ✓ Mental Health Counseling services for you, your family members, and partner.
- ✓ Supervised visitation and exchange
  - ✓ Emergency-Housing Assistance
  - ✓ Consumer Credit Counseling
  - ✓ Financial Education and workshops
- ✓ Debt repayment and bankruptcy counseling

Accredited by the  
North Carolina Council for Women

