As technology has become a bigger part of our lives, it has unfortunately also become another tool of abuse. Technology Enabled Coercive Control (TECC) is an increasingly prevalent trend, allowing abusers unprecedented access to a survivor’s personal communications, plans, and/or location. This might look like:

- receiving hundreds of text messages in a matter of hours
- incessant phone calls
- forced access to personal electronic devices, emails, calendars, and social media accounts
- installing tracking apps without the survivor’s knowledge

Helping Survivors Navigate Technology Abuse

As technology has become a bigger part of our lives, it has unfortunately also become another tool of abuse. Technology Enabled Coercive Control (TECC) is an increasingly prevalent trend, allowing abusers unprecedented access to a survivor’s personal communications, plans, and/or location. This might look like:

- receiving hundreds of text messages in a matter of hours
- incessant phone calls
- forced access to personal electronic devices, emails, calendars, and social media accounts
- installing tracking apps without the survivor’s knowledge

Recognizing this need, New Beginnings established a clinic specifically focused on helping survivors experiencing technology abuse. Established in 2019, our TECC Clinic is one of the first in the country. There, we continue our survivor-centered, trauma-informed care to allow survivors to be the expert of their own experience. Working with a trained volunteer, survivors can pin down possible sources of the technology abuse they are experiencing and how to secure their devices and remove harmful apps, spyware, how to continue to check their safety, and strategies for getting new devices if needed, etc.

Thank you for being part of our community and helping to make our TECC Clinic possible!
History of New Beginnings’ Support Groups

New Beginnings has been offering support groups to survivors since 1981. These groups have always changed and evolved into what our community and survivors need them to be, in terms of content, structure, and topics.

In our community program, we offer four support groups each week, HomeSafe has support groups for the survivors living in our apartments, and we have offered topic specific ones throughout the years including bilingual groups, parenting groups, chemical dependency groups, Kids Club support groups for youth, and more. Historically, these have all been in person and we provided childcare to alleviate that barrier for parents.

With the COVID-19 pandemic, we transitioned our support groups to be held online over Zoom. We have seen many benefits to having virtual groups: transportation is no longer a barrier, accessibility needs are easier to meet, and survivors are able to join from the comfort of their home or wherever is safest for them. We will continue to re-evaluate as the pandemic continues but will likely continue to offer support groups both online and in-person again when it is safe to do so.

What do you talk about in Support Groups?

Support groups cover a variety of topics throughout the year. They have three parts to them: information sharing on a topic, open discussion, and time for survivors to connect with each other without an advocate in the room (virtually, or in-person). Some of the topics that we cover include:

- What is Abuse?
- Power & Control / Equality
- Barriers to Leaving
- Boundaries
- Coping Mechanisms
- Grief and Loss
- Self-Esteem
- Anger
- Safety Planning
- Self-Care
- Healing
- Communication & Assertiveness
- And more!

Sharing information on these topics can validate survivors’ experiences, give them knowledge, and/or offer things to consider. Survivors share about their own experiences which often can make the others in the room feel that they are not alone and to learn from each other. Support groups are a wonderful place for survivors to connect with others who’ve had similar experiences no matter where they are on their journey.

Parent Support Groups

Parenting is hard no matter the circumstances. For survivors, the dynamics of the abuse they, and their children, and witness and experienced often complicates things further.

How should you talk to your children about their experiences? How do you rebuild your relationship with your children if it has been damaged due to the abuse? What strategies can you use to break the cycle and teach them about healthy relationships?

Our parenting support group is designed to provide both support and conversation as well as resiliency strategies for survivor parents and their children. It is held once a week, virtually, and is open to any parent survivors (including stepparents, grandparents, expecting parents, etc.) with any age children.
As technology has become a bigger part of our lives, it has unfortunately also become another tool of abuse. Technology Enabled Coercive Control (TECC) is an increasingly prevalent trend, allowing abusers unprecedented access to a survivor's personal communications, plans, and/or location. This might look like:

• receiving hundreds of text messages in a matter of hours
• incessant phone calls
• forced access to personal electronic devices, emails, calendars, and social media accounts
• installing tracking apps without the survivor's knowledge

Helping Survivors Navigate Technology Abuse

As technology has become a bigger part of our lives, it has unfortunately also become another tool of abuse. Technology Enabled Coercive Control (TECC) is an increasingly prevalent trend, allowing abusers unprecedented access to a survivor's personal communications, plans, and/or location. This might look like:

• receiving hundreds of text messages in a matter of hours
• incessant phone calls
• forced access to personal electronic devices, emails, calendars, and social media accounts
• installing tracking apps without the survivor's knowledge

Helping Survivors Navigate Technology Abuse

As technology has become a bigger part of our lives, it has unfortunately also become another tool of abuse. Technology Enabled Coercive Control (TECC) is an increasingly prevalent trend, allowing abusers unprecedented access to a survivor's personal communications, plans, and/or location. This might look like:

• receiving hundreds of text messages in a matter of hours
• incessant phone calls
• forced access to personal electronic devices, emails, calendars, and social media accounts
• installing tracking apps without the survivor's knowledge