



SUPPORT GROUPS & WORKSHOPS – Winter 2017

A Safe, Supportive Environment Enabling Constructive Sharing

Registration is required for all groups & workshops, please call 203.731.5200.

• BREAKING THE SILENCE •

An ongoing weekly evening support group for adult female survivors of sexual assault.

Mondays, 6:00pm-7:30pm

• SOAR •

An ongoing weekly evening support group for female victims of domestic violence or intimate partner abuse, including emotional, verbal, economic, and/or physical.

Tuesdays, 6:30pm-8:00pm

• VOICES OF COURAGE •

An ongoing weekly evening support group for male adult survivors of any form of sexual assault. Provides a safe place for the survivors to explore and share their experiences, learn from others, and continue to heal and grow.

Mondays, 6:30pm-8:30pm

• THRIVE •

An ongoing weekly morning or afternoon group for women who would like support around relationship issues, such as dealing with controlling behaviors, verbal or physical abuse and transitioning out of relationships.

Mondays, 11:00am-12:30pm; Tuesdays, 4:00pm-5:30pm

Thrive Spanish, Thursdays, 6:30pm-8:00pm

Thrive Portuguese, Thursdays, 6:30pm-8:00pm

• EXHALE TO INHALE: YOGA •

A 6-week trauma-informed yoga workshop.

Thursdays, Beginning 12/1/2016, 6:30-7:30pm

All Services are free and confidential.