



SUPPORT GROUPS & WORKSHOPS – SUMMER 2018

A Safe, Supportive Environment Enabling Constructive Sharing

Registration is required for all groups & workshops, please call 203.731.5200 x203

* SOAR *

An ongoing weekly 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 support group for male adult survivors of any form of sexual assault. Providing a safe place for 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 support group for women around current relationship issues or past traumas including: verbal abuse, controlling behaviors, physical or sexual abuse, sexual assault

Mondays, 11:00am-12:30pm or Tuesdays, 4:00-5:30pm. (Child care may be provided with notice)

* BREAKING THE SILENCE *

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

Mondays, 5:00pm-6:30pm

* I AM OK! *

A 7-week, curriculum-based workshop to focus on self-esteem and anxiety management

Start date (returning Fall 2018 - Mondays, 6:30-8:00pm)

* MOVING FORWARD *

An ongoing monthly support group to discuss aspects of moving forward from divorce, including emotional, financial, and process related concerns

1st Wednesday of each month, 6:30pm-8:00pm

* PROJECT BE *

An 8-week support group series for girls in Middle and High School focusing on empowerment, healthy relationships, safe choices. Spanish and English-speaking groups available.

For English, contact Melissa (melissa.o@wcogd.org) or 203.731.5200 x240)

Para Espanola, llama a Delta (delta.v@wcogd.org) or 203.731.5200 x207)

Start date (returning Fall 2018)

* GIRL TALK *

An 8-week support group for young college women held on the downtown Western Campus

Contact Sydney (sydney.t@wcogd.org) or Cara (cara.m@wcogd.org) to register

Start date (returning Fall 2018)

All Programs are Free and Confidential

www.wcogd.org * 2 West Street, Danbury CT, 06810 * 203.731.5200