



SUPPORT GROUPS & WORKSHOPS – Fall 2017

A Safe, Supportive Environment Enabling Constructive Sharing

Registration is required for all groups & workshops, please call 203.731.5200., x202

• 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. Providing 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 (child care provided), Tuesdays, 4:00pm-5:30pm (child care provided)

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, 6:30-7:30pm, start date TBD.*

• BREAKING THE SILENCE •

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

Tentative start date, Thursday October 5, 6:30pm-8:00pm

Please call 203.737.5200, x202 to register.

• I AM OK! •

A 7-week, curriculum based workshop focusing on fostering self esteem and effective anxiety management.

Mondays, beginning October 2 from 6:30pm-8:00pm

Please call 203.731.5200, x202 to register.

• MOVING FORWARD •

An ongoing monthly support group to discuss the aspects of moving forward with a divorce.

Including emotional, financial and process related concerns.

Guest speakers will be scheduled depending on the interest of the group.

1st Wednesday of each month, beginning October 4, 6:30pm-8:00pm Please call 203.731.5200, x202 to register

• PROJECT BE •

An 8-week support group series for girls in Middle and High School. Spanish and English-speaking groups available.

Wednesdays, beginning September 20 from 6:00pm-7:00pm

Contact Melissa (melissa.o@wcogd.org) or Delta (delta.v@wcogd.org) or call 203.731.5200 to register

• GIRL TALK •

An 8-Week Support Group for young women held in Higgins Hall, 105-C on the downtown WestConn Campus

Tuesdays, beginning September 12 from 4:30pm-6:00pm

Contact Rayna (rayna.h@wcogd.org) or Cara (cara.m@wcogd.org) or call 203.897.3939 to register

All Programs are Free and Confidential!

2 West Street, Danbury, Ct 06810 * Phone 203-731-5200 * www.wcogd.org