



WOMEN'S CENTER OF GREATER DANBURY

A 35-Year Legacy of Strengthening Individuals & Families

2 West Street, Danbury, CT 06810

Telephone: 203-731-5200 • Fax: 203-731-5207

Sexual Assault Hotline: 203-731-5204 • Domestic Violence Hotline: 203-731-5206

www.wcogd.org

SUPPORT GROUPS

A Safe, Supportive Environment Enabling Constructive Sharing

SUPPORT GROUPS

Registration is required for all groups. Call 203-731-5200.

•BREAKING THE SILENCE•

An ongoing group for adult survivors of any form of sexual assault

•SOAR: Survivors Overcoming Abusive Relationships•

An ongoing group for victims of domestic or intimate partner abuse, including emotional, verbal, economic, and/or physical

•DON'T WORRY, BE HAPPY•

A four-week workshop exploring strategies to reduce stress and deal more effectively with anxiety. This skill-based workshop can be an excellent preparation prior to participating in issue-intense individual or group counseling

•ENDINGS•

An eight-week group for those considering or in the process of ending a marriage or relationship

•I AM OK!: Reclaiming Your Self Esteem•

A seven-week group that explores factors that negatively impact self esteem and develops skills to counter those factors and feel better about ourselves

•"GOOD GRIEF" Workshop•

A three-week group that explores ways to experience and work through grief over lost love, lost relationships, lost dreams

• VOICES OF COURAGE •

A ten-week group for Male Adult survivors of any form of sexual assault that provides a safe place for the adult male survivor to explore and share his experiences, learn from others, and continue to heal and grow; addresses topics such as anger, dealing with flashbacks, guilt, relationships, recovery, and moving on

•All services and programs of The Women's Center of Greater Danbury are free and confidential•