



Seeking Safety Group

Based on Lisa M. Najavits' Treatment Manual for PTSD and Substance Abuse

Seeking Safety is a psycho-educational group for survivors of sexual violence aimed at helping develop healthy coping skills for managing PTSD symptoms and engaging in healthy relationships.

- * Some group topics include: Safety, PTSD, Detaching from Emotional Pain, Taking Good Care of Yourself, Compassion, Red and Green Flags, Setting Boundaries in Relationships, Coping with Triggers, Healthy Relationships, Self-Nurturing, Healing from Anger, and more.

Tuesdays 10 AM—11:30 AM

Sponsored by PAAR and Beaver County CYS

For more information contact:
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Please Note: This is not a process group. Specific details of personal trauma stories will not be explored in this group. Individual therapy is available for those interested in further processing their individual traumas.

