

# FREE SEXUAL ASSAULT THERAPY & SUPPORT GROUPS

Are you a survivor of sexual assault?  
Join our Therapy & Support Groups for Sexual Assault Survivors.

These virtual support groups are **free of charge** to survivors and loved ones.

- **Seeking Safety Group**  
In this evidence-based therapy group, you can learn safe coping skills, how to build healthy relationships with yourself & others, and self-care strategies to heal from trauma.
- **Grupo de "Buscando Seguridad" (TEPT/Trauma) - en Español**  
Aprenda a comprender mejor síntomas relacionados con el trastorno de estrés postraumático (TEPT). Libérate de patrones nocivos al aprender habilidades seguras de afrontamiento. Nota: este no es un grupo de procesamiento; los miembros no comparten sus historias personales de trauma hasta más tarde en el tratamiento.
- **"I Thought It Was Just Me" Shame and Trauma Group**  
This process group \*for women\* expands on the work of Brene Brown & explores how shame influences healing. Participants build shame resilience & autonomy through increased critical awareness & connection.
- **Safety in Relationships (Domestic Violence) Group**  
This Domestic Violence group \*for women\* helps individuals increase their knowledge and awareness of the cycle and warning signs of abuse. You will learn about mindfulness, healthy relationships, increasing self-esteem, effective communication skills, trauma recovery, defeating shame, and more.

A referral from a SACASA Advocate or other CODAC staff is required, but easy.  
No commitment necessary.

**Call Us Today for Info & to Sign Up**

(520) 327-1171 | 1600 N. Country Club Road | 85716