



## SUPPORT GROUPS

Safe Connections offers a variety of groups, classes and workshops for survivors of domestic and sexual violence. Through these group programs, clients receive professional guidance and peer social support in a safe environment. Group services are open to survivors of all genders. All services are free of charge.

### LEVEL 1 GROUPS

**Level 1 groups are primarily psycho-educational—a way to gain knowledge and new skills in a safe, supportive setting. Information provided in these groups is intended to empower survivors to understand their experiences and learn strategies for coping and moving forward. Groups can be a supplement to individual therapy or a sole intervention.**

#### Breaking the Cycle

This program is for those who have experienced emotional or physical violence in their relationships or who are affected by memories of past abuse. It explores the definitions of abuse, the effects of domestic violence on self and family, ways of coping with abuse and how to identify abusive people.

#### Building Effective Communication Skills

Would you like fresh ideas on how to communicate in an effective way? This group includes information and discussion about communication habits, how to handle negative feelings assertively, and how to use communication for positive change.

#### Building Healthy Relationships

This group is for those who have experienced abuse and have difficulty forming trusting relationships. It explores ways to enhance positive social and intimate relationships, maintain healthy boundaries and define what a healthy relationship is.

#### Healing Through Art

Designed especially for trauma survivors, Healing Through Art uses creative and inventive ways to understand, manage, and transform the effects of trauma. Projects using art and dialogue focus on personal safety, exploring and honoring difficult feelings, and understanding trauma's effects on relationships. Art experience is not necessary for this group.

#### LGBTQ+ Trauma Recovery

This group is designed for members of the LGBTQ+ community to engage in a unique opportunity to gain insight and awareness when beginning the process of understanding the effects of your traumatic experiences. This group is open to all types and levels of relationships, but is intended for individuals.

#### (Simply) You

A group all about the most important person you'll ever be in a relationship with—you! Begin to explore who you are and how you and others see and experience you. Learn about self-compassion and the value of self-care.

#### Trauma Changes Things

Designed to help survivors understand the impact of trauma they have experienced—participants will learn what trauma is, how it affects the brain and how it can impact their lives and relationships. They will also learn skills to cope with the effects of trauma and move from victim to survivor.

#### Trauma Information Group

A new group we are piloting for survivors who are just beginning to explore the relationship between their traumatic past and their current life patterns. Each session focuses on a topic related to the impact of trauma, such as safety and trust, anger, remembering, and relationships with others.

### LEVEL 2 GROUPS

**Due to the complexity of issues addressed in these groups, participants must be receiving individual therapy with Safe Connections or another agency of their choice. Participants must be fairly stable in their symptoms, have developed some positive coping skills and have already learned general information about trauma and how it affects them.**

#### Connections

Everywhere we turn, there are messages that tell us who, what and how we're supposed to be. Most of us struggle with feelings of shame and we learn to hide our struggles. This 12-week group will help to define shame, explore triggers and vulnerabilities, practice empathy, and learn to combat shame by reaching out to others and building connections. Learn that it's okay to be vulnerable and how to be resilient in the face of shame. Curriculum is based on Brené Brown's best-selling book *I Thought It Was Just Me (but it isn't): Telling the Truth About Perfectionism, Inadequacy, and Power*.

#### Trauma Recovery Group

The Trauma Recovery Group is an evidence-based group treatment for survivors of interpersonal trauma. This group is designed for survivors who have achieved basic safety and stability in present-day life and who are ready to work on the more enduring ways that trauma has harmed their self-perception and relationships. In this group, participants will have the opportunity to process some aspect of their trauma history and how it is currently affecting them in a safe and structured setting.

### DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS GROUPS

DBT is a blend of Cognitive Behavior Therapy and Zen Mindfulness Practice. This curriculum helps participants handle stress and difficult emotions and create or maintain healthy relationships. The group consists of four modules—Core Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance—each of which takes 8 weeks to complete.

**NOTE:** Participants in this class must be receiving individual, trauma-focused therapy at Safe Connections.



Where violence ends and healthy relationships begin

## 2019 ADULT GROUP SCHEDULE

To enroll in a group, current clients please call 314-646-7500 x118.

To become a client and schedule an appointment for intake, please contact Intake at 314-646-7500 x118.

### MONDAYS • 4:00-5:30PM

January 14-April 1 – Trauma Information Group  
(4:00-5:00pm)  
June 3-July 22 – LGBTQ+ Trauma Recovery

### MONDAYS • 6:00-7:30PM

January 28-March 11 – Healing Through Art  
April 1-May 6 – Trauma Changes Things  
June 3-August 19 – Connections  
September 9-October 28 – Music Therapy Group  
November 4-December 9 – Building Effective Communication Skills

### TUESDAYS • 10:30AM-NOON

January 22-February 26 – Building Healthy Relationships  
March 5-April 23 – Music Therapy Group  
May 14-June 18 – Healing Through Art  
July 9-August 13 – Building Effective Communication Skills  
September 3-October 8 – Trauma Changes Things  
October 29-December 3 – Breaking the Cycle

### WEDNESDAYS • 6:00-7:30PM

January 16-February 20 – Simply You  
March 13-May 29 – Trauma Recovery Group  
June 19-July 24 – Breaking the Cycle  
August 14-September 18 – Building Healthy Relationships  
October 9-November 13 – Healing Through Art

### THURSDAYS • 10:30AM-NOON

January 17-February 21 – Trauma Changes Things  
March 14-April 18 – Breaking the Cycle  
May 9-June 13 – Building Healthy Relationships  
July 11-September 26 – Connections  
October 10-November 21 – Simply You

### SATURDAYS • 10:30-NOON

May 25-June 29 – Breaking the Cycle  
July 20-Aug. 24 – Building Healthy Relationships  
Sept. 14-Oct. 19 – Trauma Changes Things

## DBT SKILLS GROUPS

Participants in DBT must also be receiving individual therapy at Safe Connections. Please talk with your therapist about enrolling

### MONDAYS • 10:00AM-NOON

January 7-March 11 – Interpersonal Effectiveness  
April 1-April 22 – Review Module  
June 3-July 22 – Core Mindfulness  
August 12-October 7 – Distress Tolerance  
October 28-December 16 – Emotion Regulation

### TUESDAYS • 6:00-8:00PM

January 8-February 26 – Core Mindfulness  
March 19-May 7 – Distress Tolerance  
May 28-July 16 – Emotion Regulation  
August 6-Sept. 24 – Interpersonal Effectiveness  
October 15-November 5 – Review Module

### THURSDAYS • 1:00-2:30PM

**January 17-May 2 – Advanced DBT Skills Group**  
Advanced DBT Skills Group is intended to strengthen the use of DBT skills in everyday life. Group members must have completed at least one round of DBT Skills Group and be stable in symptoms.