



FREE 6-WEEK "SEEKING SAFETY" SUPPORT GROUP

Open to any woman with a history of trauma. Participants will learn present-focused techniques to help attain safety from trauma and substance misuse by emphasizing coping skills, grounding techniques, and education without the need to delve into specific trauma narratives.

Time: Thursdays from 6-7:30pm.

Location: Ashland County
Professional Building

Contact: RCDV Safe Haven at
419-282-6097

STARTING APRIL 8, 2021



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Community Mental Health Center