

Support Groups

** Preregistration required for all groups **



Criminal Systems Support Group • 1st and 3rd Tuesdays • 1:00 - 2:30 PM
Location: Alexandra House, Anoka, MN

This bi-weekly group, held in **Anoka**, is for adults who have experienced domestic or sexual assault/abuse and are currently going through the criminal justice system as a crime victim. *Call 763-576-9999 to preregister.*



Healing Arts Support Group • Tuesdays • 6:30 - 8:00 PM
Location: Alexandra House, Blaine, MN ** No artistic ability or experience necessary!*

This group is for women who have experienced sexual and domestic violence to find support while using the creative arts to relax and connect to one's thoughts and feelings.



On Our Way - for women 50+ • Thursdays • 10:00 - 11:30 AM
Location: Alexandra House, Blaine, MN

For survivors of abuse to reflect on life experiences, increase feelings of self-worth, and build on personal strengths.



Support & Healing Group for Survivors of Domestic & Sexual Violence
Thursdays • 6:30 - 8:00 PM
Location: Alexandra House, Blaine, MN

Support and education for women recovering from abuse and assault.

All services are free and confidential! To register for groups, call 763-780-2330.
Free childcare may be available with call ahead notification.