

Support Groups

** Preregistration required for all groups **



Healing Arts Support Group
Tuesdays • 6:30 - 8:00 PM
Location: Alexandra House, Blaine, MN

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.

** No artistic ability or experience necessary!*



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

This group is for survivors of sexual abuse and/or violence who want to understand their trauma, increase their coping skills, and find hope. This group is open to all genders and people who are 16 or older.



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 Violence
Thursdays • 6:30 - 8:00 PM
Location: Alexandra House, Blaine, MN

Support and education for women recovering from abuse.

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