



VIRTUAL SUPPORT GROUPS



Virtual Support Groups

All services are free and confidential!

** Preregistration required for all groups. **



Support & Healing Group for Survivors of Sexual Violence

Wednesdays • 6:30-8:00 PM

Location: Zoom

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: Zoom

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: Zoom

This weekly support group is for adult women who have experienced domestic abuse and are ready to explore their personal healing process and find hope.

*If you are interested in participating, please complete the [Support Group Interest Form](#).
For more information or questions regarding support groups, call 763-780-2330 or
email supportgroups@alexandrahouse.org.*