



## VIRTUAL SUPPORT GROUPS



# Virtual Support Groups

*All services are free and confidential!*

*\* Preregistration required for all groups. \**



### **Sexual Violence Virtual Support Group**

**Tuesdays • 6:30-8:00 PM**

**Location: Zoom**

The Sexual Violence group is a closed group for sexual violence and/or abuse survivors. The group aims to contribute to your healing by being a place where you can receive information, find support, and share your experiences of sexual assault/abuse. The 8-week group is topic-based and includes education on SV 101, how to deal with your anger, trauma triggers, regaining power, boundaries, compassion/self-care, coping, hope, and resiliency. ***The group is open to all genders and people 16 or older. Members are encouraged to attend all sessions.***



### **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](mailto:supportgroups@alexandrahouse.org).***