

Sexual Violence Virtual Support Group

All services are free and confidential!

** Preregistration required for all groups. **

The Sexual Violence group is a closed group for survivors of sexual violence and/or abuse.

Our goal is to assist in your healing by providing information, support, and a platform to share your experiences of sexual assault.

Our 8-week program is structured around specific topics, including education on SV 101, managing anger, dealing with trauma triggers, regaining control, setting boundaries, practicing self-care, coping with the trauma, finding hope, and building resilience. The group is open to all genders and people 16 or older. *Members are encouraged to attend all sessions.*



Weekly Support Group

Day: Tuesdays
Time: 6:30 - 8:00 pm
Place: Zoom

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