



Seeking **SAFETY**

A skills group for people with a history of trauma and addiction. It focuses on teaching safe coping skills to men and women.

Seeking Safety Will Cover These Topics:

- PTSD: taking back your power
- Grounding
- Compassion
- Getting others to support your recovery
- Recovery thinking
- Healthy relationships
- Healing from anger
- Asking for help
- And other topics

**coping skills can be learned in any order, so you can join the group at any time.*



Wednesday @6:00pm
*beginning March
30th



Virtual meetings
held on zoom

Interested in participating?

please visit: <https://www.guidetopersonalsolutions.com/about-5>

