



“The Journey ” Support Group

This is an 8 week closed support group for women who have experienced intimate partner violence, who ended their relationship, and are currently managing the transitions involved past this relationship.

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*In general Group Counseling is an effective intervention to address your concerns, stressful situations, and making positive changes in your life. It provides you with an opportunity to hear others' perspectives and experiences within a safe and supportive environment.*

***The Journey Support Group** is both a process and educational group that will focus on general as well as topics of interest of group members including (but not limited to): transition challenges and coping, relationships, stressful emotions, and self-discovery.*

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Are you interested in joining this group?

Please contact Aurora at 530-665-5322 to express your interest. After this, you will be asked to schedule a group intake session to meet the group facilitator, ask any questions or concerns you may have about the group, tell us about your availability and child care needs as well as what you hope to gain from attending this group.

