

THE CENTER FOR COUNSELING & WELLNESS

FEMALE SUPPORT GROUP

We welcome female identified survivors of harassment, assault, and/or abuse (physical, sexual, emotional) aged 18 – 28 Free of charge.

Meetings are available Thursday's starting the 2nd of May at 10 AM

The group will be an 8-week closed group. The group will provide support, learn coping skills, healing activities, and connect to others in a safe environment. Topics will include: natural and common reactions, healthy vs. unhealthy coping strategies, self-care, guilt, shame, self-blaming, relaxation strategies, and more.



For more information on the counselor you can use your smartphone and open the camera, hover over the QR code and a link will pop up. Click the link to be directed to a clinical disclosure statement. For location and regarding any questions please contact the Center for Counseling & Wellness at: (843) 663-0770