

## **2020 Group Therapy Schedule**

*YWCA offers a variety of group treatment options for trauma survivors. Our longer groups are combined psychoeducational and processing groups; we spend a portion of each week providing education material on a topic as well as discussing feelings, experiences, and recovery options related to it. These groups are closed groups with the same members from beginning to end, with usually 6-10 people per group. Members are screened for readiness for the group.*

### **Adult Survivors of Childhood Sexual Abuse Group**

Join other childhood sexual abuse survivors in a therapeutic group focused on education about trauma, coping skills, managing feelings, overcoming secrecy and self-blame, boundaries, sexual health, and improving self-esteem.

**Duration:** 13 weeks

**Format:** Closed group, must be active participant in individual therapy

**Time:** Jan 27 – May 7th, 2020, on Mondays 5:30-7:30 pm;  
September 17<sup>th</sup> – December 17<sup>th</sup>, 2020, on Thursdays 10 am-Noon

### **Adult Survivors of Rape Group**

Join other rape survivors in trauma-focused group therapy led by licensed professionals. Topics include: Debunking myths; developing coping skills, trust, and self-esteem; overcoming self-blame & anger

**Duration:** 13 weeks

**Format:** Closed group, must be current or former participant in individual trauma therapy

**Time:** February 19 -May 13 , 2020; on Wednesdays 5:30-7:30 pm

### **Healthy Sexuality & Intimacy Group, Part I & II**

For adult female survivors who have experienced rape, sexual assault or childhood sexual abuse. Topics include: Body awareness, intimacy skills, healthy sex, boundaries, communication skills and more.

**Duration:** Part I 6 weeks; Part II 8 Weeks

**Format:** Closed group, must be current or former participant in individual trauma therapy. May attend either Part I, II or both.

**Time:** Part I: June 15<sup>th</sup> – July 20th, 2020, on Mondays 5:30-7:30 pm  
Part II: August 10-October 5<sup>th</sup> 2020, on Mondays 5:30-7:30pm

### **Domestic Violence Support Group**

Join other survivors of domestic abuse in getting support and learning tools for safety, boundaries, and recovery. Topics Include: Understanding Trauma, Safety Planning and Self Care.

**Duration:** 8 Weeks

**Format:** Closed Group; Prior or Current individual therapy recommended.

**Time:** October 19- December 14, 2020; Monday 5:30-7:30 pm

**3820 West Pine St. Louis, MO 63108 314-531-1115**

**Email: [Ngriffin@ywcastlouis.org](mailto:Ngriffin@ywcastlouis.org) for questions or Registration**



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# **YWCA Women's Resource Center**

## **2020 Group Therapy Schedule**

eliminating racism  
empowering women  
**ywca**  
Metro St. Louis

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