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 17th – December 17th, 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 15th – July 20th, 2020, on Mondays 5:30-7:30 pm
  Part II: August 10-October 5th 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

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Email: Ngriffin@ywcastlouis.org for questions or Registration

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