

Available Support Groups

Our psycho-educational support groups aid clients in recovering from **sexual violence** by discussing a **wide** variety of **trauma-related** topics in a safe and culturally-sensitive space. Topics include:

- Understanding Trauma
- Safety
- Intimacy
- Anger
- Rape Culture
- Coping
- Family & Relationships
- Anxiety

...and much **more!**

| | Name | Time | Group Leader |
|---|--|--|--|
| Uptown Charlotte Groups Children & Family Services Center 601 E Fifth St., Suite 400, Charlotte, NC 28202 | Adult Women's Group | Tuesday 6:00pm-7:30pm | Jaquelin Rodriguez jaquelin.rodriguez@safealliance.org 704.367.2795 |
| | NEW! Men of Teal Adult Men's Group | Every other Thursday 6:00pm-7:30pm | Carmen Crape carmen.moody@safealliance.org 704.367.2776 |
| | Teen Women's Group | Every other Thursday 6:00pm-7:30pm | Jaquelin Rodriguez jaquelin.rodriguez@safealliance.org 704.367.2795 |
| Lake Norman Groups Lake Norman Office 19901 W. Catawba Ave., Ste. 203, Cornelius, NC 28031 | Expressive Arts Group | Wednesday 5:30pm- 7:00pm | Malinda Myers malinda.myers@safealliance.org 704.367.2727 |

- You **must meet with Group Facilitator for screening before** joining any group
- All groups are **FREE of charge**

Ready to move forward?

Contact a Group Leader **OR** call **704.332.9034** to schedule your screening