

Providence Intervention Center For Assault and Abuse

SUPPORT GROUPS

Adult Survivors of Childhood Sexual Abuse:

This group is for adult female victim/survivors of childhood sexual abuse. Topics include effects of sexual abuse, dealing with emotions and behaviors, reducing stress, and healing.

Male Survivors of Sexual Assault:

This group is for adult male victims/survivors of childhood sexual abuse or adult sexual assault. Topics include effects of sexual abuse, dealing with emotions, coping skills, self-esteem, boundaries, communication, healthy relationships, and sexuality.

Adult Female Survivors of Sexual Assault:

This group is for adult survivors of rape. Topics include effects of sexual assault, dealing with emotions and behaviors, reducing stress, and healing.

Support Group for Parents & Caregivers of Sexually Abused Children:

Support, education and advocacy are the main focus of this group. We will cover a variety of subjects around parenting your child/ren after abuse, safety, prevention and coping.

Young Adult Female Survivors of Sexual Abuse/Assault:

Offered for the unique challenges that face young adult women between ages 17-21 as they address the issues of their abuse. Topics include understanding the emotions resulted from abuse, coping strategies, impacts on development and methods for healing.

All support groups

- **Are 10 weeks in length**
- **Generally meets at various times**
- **Located at the Providence Intervention Center in Everett**
- **Childcare is not available**
- **Free of charge.**



For more information and to be directed to the appropriate group facilitator and /or wait list please call: 425-297-5784