

JEWELS *group*

For women experiencing co-occurring trauma (past or present abuse) and addiction

A place to regain

JOY FOR LIFE * EFFECTIVE COPING SKILLS * WORTH (SELF) AND WELLNESS* EDUCATION AND EMPOWERMENT * LIBERATION * SAFETY

Based on the Seeking Safety Model, Group will focus on:

- Safety as the overarching goal
- Integrated treatment of trauma and substance abuse through exploration of these safe coping skills:
 - PTSD: Taking Back Your Power
 - Grounding (Detaching from Emotional Pain)
 - When Substances Control You
 - Asking for Help
 - Taking Care of Yourself
 - Compassion
 - Red & Green Flags
 - Honesty
 - Recovery Thinking
 - Commitment
 - Creating Meaning
 - Community Resources
 - Setting Boundaries in Relationships
 - Discovery
 - Getting Support in Your Recovery
 - Coping with Triggers
 - Respecting Your Time
 - Healthy Relationships
 - Self-Nurturing
 - Healing from Anger

This is a present centered, strengths based group and does not require you to share painful stories of your abuse and/or addiction.



Thursdays, 2-3:30 pm

Dove Center, 882 Memorial Drive, Oakland, MD 21550

To register: 301-334-6255 or email: dovecenter@gcdovecenter.org

*There is no fee to attend this group.
Participants will be asked to complete a brief intake sheet at the first session.*