

# Support Group for Individuals Impacted by Domestic Violence, Sexual Assault, & Intimate Partner Violence

Empowering Healing & Transformation in a Safe, Supportive Environment

## **Program Overview**

This support group provides a safe, structured, and supportive environment for individuals who have experienced Domestic Violence (DV), Sexual Assault (SA), or Intimate Partner Violence (IPV). The program guides participants on their healing journey while integrating trauma-informed care principles. Each session is designed to facilitate psychoeducation, peer support, skill-building, and empowerment, helping individuals rebuild their lives and cope with trauma in a compassionate, group-driven atmosphere.

## **Program Objectives**

### **Create a Safe Space**

Foster a supportive environment for individuals affected by DV, SA, and IPV

### **Educate & Empower**

Provide essential education on trauma and its effects, while empowering participants to reclaim control over their lives

### **Build Resilience:**

Teach coping skills that promote healing, emotional strength, and resilience

### **Connect to Resources:**

Direct participants to local resources through The Harbor and community partners

## **Methodology**

Incorporating TREM and Seeking Safety principles

Engaging in the "I Hear, I See, I Feel" feedback model for empathetic communication

Group check-ins to share feelings and experiences using the "I Hear, I See, I Feel" model

## **Why Join?**

### **Expert-Led**

Professionally guided sessions using best practices for trauma recovery and empowerment

### **Peer Support & Connection:**

Join a community of individuals who understand and support your journey to healing

### **Comprehensive Healing**

The group focuses on safety, self-care, and emotional well-being, helping participants regain control and confidence

## **Program Details:**

**Session Duration:** 5pm-6pm on the first Monday of each month, beginning March 3rd, 2025

**Location:** The Dock -395 11th Street, Astoria, Oregon 97103 (behind the food cart pod)

**Cost:** Free

## **Questions:**

Call-503.325.3426 or email- [kaitlin@harbornw.org](mailto:kaitlin@harbornw.org)

## **Take the First Step Towards Healing.**

Our group is here to support you every step of the way. Together, we can break the cycle of trauma and start the journey to empowerment, healing, and renewal.