

CONNECT

For individuals who have been impacted by intimate partner or family violence.

WEDNESDAYS | 6:00 PM - 8:00 PM

Pre-Registration is not required.

CONNECT is a drop-in support group for people who have experienced intimate partner or family violence. There is no pre-registration required. Sessions provide a safe space to give and receive support and rotate between sharing, information, guest speakers, and creative expression. Most sessions also include a Zoom option. Contact us if you would like to join virtually.

insight

A guided support group for women, focused on healing and self discovery.

TUESDAYS | 6:00 PM - 8:00 PM

Offered 3 times per year. Dates vary.

INSIGHT is a closed, 9-session support group for women who have experienced intimate partner or family violence. This group support healing and self-discovery while offering space to connect with others who understand the journey. Insight focuses on making sense of the chaos, strengthening resilience, and building trust within a consistent group setting.

To learn more, view the monthly schedule or to complete an intake form, please scan the QR code. →

