

Seeking Safety

You are not alone.

FREE & CONFIDENTIAL | AGES 18+ | IN PERSON

Dealing with trauma, stress, or feeling overwhelmed? Find a safe space to learn coping skills and build stability, without pressure to share personal details.

WHAT TO EXPECT

- Practical tools for trauma, stress, and strong emotions
- A supportive, respectful environment
- A focus on the present and staying safe
- Healthier ways to cope

WHEN & WHERE

Weekly for 10 weeks

Flexible scheduling. Contact us for current dates and times.

Intake: Flexible scheduling available.

2939 West Woodlawn Ave

San Antonio, TX 78228



Look for this building

INTERESTED IN PARTICIPATING?

Please email both contacts:

Justin Pruski | JPruski@chshel.org

Laporshia Gould-McAfee | LGould-McAfee@chshel.org

No referral needed. Just come as you are.

Everyone deserves a safe place to heal from trauma and feel supported.

Based on the Seeking Safety model developed by Lisa M. Najavits.