



CULTURE
CONNECTION
CARE

Seeking Safety Skills Group

About the Group

Seeking Safety helps individuals heal from **trauma** and **substance abuse** in a supportive, empowering setting. This group focuses on supporting victims of crime, offering a pathway to rebuild safety, confidence, and connection through shared learning and growth.

What's offered

- Guidance on safe and effective coping strategies
- Tools to manage substance use and triggers
- A supportive space for healing and empowerment

Sign up



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