CULTURE
CONNECTION
CARE

Seeking Safety Skills Group

About the Group

Join us every Monday at 1:00 PM AK time for Seeking Safety. This program 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

Mondays 1:00 PM AK time

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This project was supported by Grant No 2019-VO-GX-K145 awarded by the Office for Victims of Crime, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice, Office for Victims of Crime.