

# SPRING 2022 SUPPORT GROUPS

## **\* SOAR \***

A virtual group for female victims of domestic violence

Tuesdays, 6:30-8:00pm

CONTACT SUPPORTGROUP@THECENTERCT.ORG TO REGISTER

## **\* VOICES OF COURAGE \***

A virtual group for male survivors of sexual assault or abuse

Mondays, 6:30-8:00pm

CONTACT KAREN.I@THECENTERCT.ORG TO REGISTER

## **\* THRIVE \***

A virtual group for women with relationship issues or past traumas

Mondays, 11:00am-12:30pm and

Tuesdays, 4:00-5:30pm

CONTACT KAREN.I@THECENTERCT.ORG TO REGISTER

## **\* BREAKING THE SILENCE \***

A virtual group for female survivors of sexual assault or abuse

Mondays, 5:00-6:30pm

CONTACT KAREN.I@THECENTERCT.ORG TO REGISTER

## **\* GUYS' GROUP \***

A virtual group for men in unhealthy relationships or experiencing domestic violence

Tuesdays, 6:00-7:00pm

CONTACT KAREN.I@THECENTERCT.ORG TO REGISTER

## **\* YOUR BEST LIFE \***

A virtual workshop to focus on coping skills and support systems

Thursdays, 4:00-5:00pm

CONTACT KAREN.I@THECENTERCT.ORG TO REGISTER

## **\* HEALING VOICES \***

An in-person group for college men

Tuesdays, 1:00-2:00pm

for 6 weeks starting on 3/29

CONTACT MADELINE.T@THECENTERCT.ORG TO REGISTER

## **\* EMPOWER U \***

An in-person group for college women

Tuesdays, 5:30-6:30pm

for 6 weeks starting on 3/29

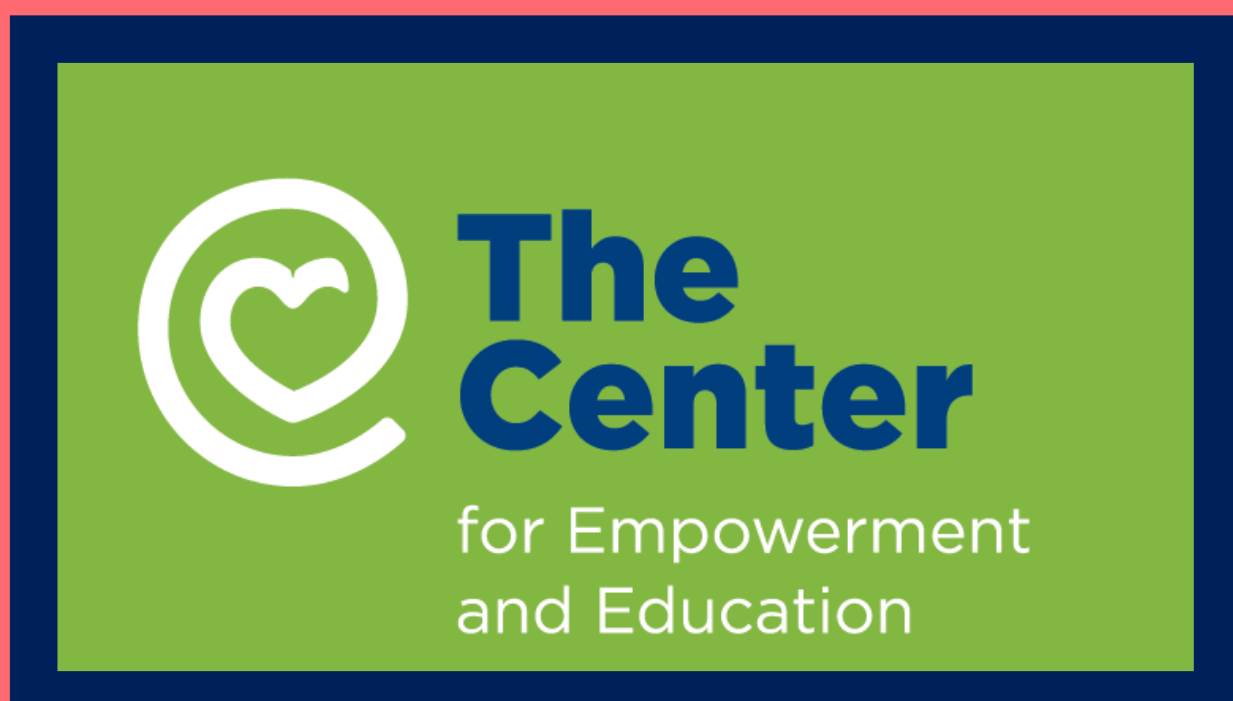
CONTACT CARA.M@THECENTERCT.ORG TO REGISTER

## **\*SUPPORT TEAM \***

A virtual workshop for friends or family of sexual assault survivors

Tuesdays, 11:00-12:00pm

CONTACT KAREN.I@THECENTERCT.ORG TO REGISTER



**ALL GROUPS AND WORKSHOPS ARE FREE & CONFIDENTIAL**

