

Drop-in Weekly Support Group – Max 8 participants

SEEKING SAFETY GROUP



HAS LIFE BEEN CHALLENGING?

Learn new ways to cope during these stressful times.

Join us as we learn and practice new ways to handle stressors, trauma and/or substance use. Sessions will cover the following topics:

- Post-Traumatic Stress Disorder (PTSD)
- Grounding
- When Substances Control You
- Asking for Help
- Compassion
- Taking Good Care of Yourself
- Red & Green Flags
- Honesty
- Recovery Thinking
- Commitment
- Discovery
- Creating Meaning
- Setting Boundaries in Relationships
- Coping with Triggers
- Healthy Relationships
- Self-Nurturing
- Healing from Anger

Day/Time: Thursdays, 10:00 AM - 12:00 PM

Go Raleigh Bus: 21

Location: Oak City Cares, 1430 S. Wilmington Street, Raleigh, NC 27603

LIGHT REFRESHMENTS

For more information please contact WakeMed Community Case Management: 919-350-7593