

Safelight Support Groups



Domestic Violence Intervention Program (Men)

Psychoeducation groups for Male Identifying Individuals are the primary aggressor in their relationship. Group will focus on understanding how the use of power and control is achieved through physical, verbal, and non-verbal behavior ***Referrals through the court***

Mondays & Tuesdays 5:30 PM - 7:00 PM via Google Meets

Facilitator: Sherron Bristol, sherron@safelightfamily.org, Joe Hannah, joe@safelightfamily.org



Healing Hearts Support Group

Psychoeducation group for parents and/or allies of a young person who has been sexually abused. This group will teach you about the impact of sexual violence and your role as an ally and increase your knowledge and skills, all while gaining support from others with similar experiences.

Mondays starting Feb 26, 2024 5:00 PM – 6:00 PM via Google Meets

Facilitator: Sara Gerall, sarag@safelightfamily.org



Family Yoga

Classes for kids 3-7 and their guardians. We will use play, fun, and joy to build skills for managing life's challenges. Safelight offers option art, reading, television, and computer activities for any family members who do not wish to participate in yoga. ***Open to all Safelight clients***

Mondays March 18, April 8, 15, 22, 29, & May 6, 13, 4:00-5:00 PM @Community Engagement Room

Facilitator: Laughing Elephant Yoga



Healthy Relationships Support Group

For survivors of intimate partner violence and sexual assault. Join us for a free, confidential 8-week drop-in support group. Topics include boundaries, healthy relationships, power & control, coping skills, trauma and recovery.

Tuesdays March 19-May 14, 2024 4:00 PM-5:00 PM @ Community Training Room

Facilitator: Dana, Dana@safelightfamily.org



Nurturing Parenting Group

"The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. ***Closed DSS Group***

Tuesdays, 4:00 PM - 5:00 PM @ Dandelion

Facilitator: Paige, paige@safelightfamily.org

Partner Intervention Program

Psychoeducation groups for Female Identifying Individuals who have been involved in a relationship where there is domestic violence. The group will focus on the impact of domestic violence to build communication, conflict resolution, and emotional regulation skills. ***Open to all Safelight clients***

Wednesdays, 4:00 PM - 5:00 PM @ Dandelion

Facilitator: Missy, missy@safelightfamily.org

Seeking Safety

Psychoeducation groups for individuals looking to gain skills and group support while maintaining and focusing on recovery and healing from past trauma. ***Closed Shelter Group***

Wednesdays, 4:00 PM - 5:00 PM @ Shelter

Facilitator: Paige, paige@safelightfamily.org

Trauma Informed Yoga

Gentle yoga to increase body awareness, learn emotional regulation and connect with the breath within a supportive space ***Closed Shelter Group***

Wednesdays, 10:00 AM - 11:00 AM @ Community Training Room

Facilitator: Dana, Dana@safelightfamily.org