

# **Groups and Services offered at S.A.F.E. House**

*Please see monthly schedule for times, dates, and changes*

## Adult Services

### **Community Solutions Meeting (Mandatory for SAFE House Residents Only)**

Residents meet once a week to share ideas and problem-solve issues that affect all shelter residents. It is an opportunity to help SAFE House improve programs and services.

### **Survivor's Support**

This group provides information about the dynamics of domestic violence, including its effects on survivors and children. It offers tools and encouragement on how to lead a violence free lifestyle. It is a safe place to talk about experiences and receive encouragement and support from other survivors of domestic violence.

### **Parenting Group**

This group provides information to parents about how domestic violence affects children and helps to understand new behaviors that children may develop as a result of their experiences. Parents are given tips and information on how to rebuild their family connections and suggestions on how to set limits and use a non-violent approach to discipline. Parents will have time to discuss their struggles and find encouragement and support from other parents.

### **Substance Abuse Support Group**

This is an educational and supportive group for individuals who want and need support for their recovery from drugs and alcohol.

### **Anger Management / Stress Reduction**

This group provides participants with methods for conflict resolution. The goal is to identify anger as a sign that there is an issue or a problem that needs to be addressed. Individuals will gain tools to process anger in a way that sidetracks over-analyzing and over-reacting without creating negative consequences.

### **Art Therapy *Painting on Silk***

Art therapy group is an expressive therapy that is both fun and relaxing and uses a variety of art materials. It is based on the belief that the creative process of art is both healing and life-enhancing. The art therapist uses the creative process and issues which may come up during the session to increase insight and judgment, help clients cope with stress, and work through their domestic violence and traumatic experiences.

### **Equine Assisted Therapy**

Equine Therapy uses horses to provide tools for emotional growth and learning. Participants will learn about themselves and others by engaging in activities with two horses, Dutch and Sparky. Teamwork, problem solving, assertiveness, leadership, creative thinking, and communication are among the skills that Equine Therapy can help develop and strengthen.

### **Yoga & Meditation**

Yoga is the age-old art of uniting the mind, body, and spirit. An excellent way to tone and stretch the muscles, yoga helps individuals gain flexibility, relieve aches and pains, reduce stress, trauma, improve breathing and body awareness, and helps calm the mind. Anyone can participate. All body types are welcome regardless of athletic ability.

### **Self-Esteem**

Develop self-esteem through effective, practical, and fun strategies. This group is designed for women who are interested in understanding and exploring the value of building self-esteem.

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## Children Services

### **Teen Group**

Teen group provides teenagers with the necessary tools and environment to identify and express their feelings, increase self-esteem, and practice assertiveness by talking in group. Personal values are looked at in addition to healthy ways for dealing with stress.

### **Film Club**

Offered for teens, this group uses films as a medium to analyze and discuss dynamics of domestic violence. Eventually, residents will have an opportunity to create their own documentary expressing their ideas, emotions, and experiences on the subject.

### **Children's Support Group**

This group uses activities to provide children with information on domestic violence, understanding family relationships, and life and social skills. The group educates children about healthy relationships and offers tools to help them lead a violence free life.

### **Hershey's Kid's Group**

Hershey Kisses Brown Dog is a certified therapy dog, who has been working with children and adult survivors of domestic violence for over 5 years. She brings comfort to those who may have lost or miss their pet due to DV and helps to ease the stress of participating in group therapy. Hershey's "own story" is used metaphorically to help kids share their thoughts and feelings about the DV they have witnessed. Understanding that animals have feelings can help kids to increase empathy and build relationship skills. Hershey is used to assess for animal abuse that children may have witnessed or experienced. We can then talk about it and use for further treatment and safety planning.

### **Art Therapy** (*Ages 8 and Up*)

**{Currently Not Being Offered}**

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### **Kid's Relaxation**

This group teaches healthy coping strategies to children and young adults in order to promote relaxation and stress reduction. Such tools include: exercise, music, storytelling, and creativity.

### **Storytelling**

This group uses the art of telling stories to share ideas, images, themes, and emotions that listeners are able to identify with. Many tales from various cultures will highlight morals and ideals that can be fun and educational for participants.