



COME JOIN US FOR:

# SEEKING SAFETY

Seeking Safety is an evidence-based, supportive group focused on the here and now that seeks to build coping skills, develop safety for those seeking to heal from past trauma and move forward with their lives.

## HAVE YOU STRUGGLED WITH:

- Unhealthy or violent relationships
- Risky or dangerous behaviors
- Overwhelming emotions
- Difficulty managing your health
- Loss of your "voice" or personal power
- Issues with drinking or drug use

IF SO, PLEASE JOIN US TO FOCUS ON BUILDING COPING SKILLS, DEVELOPING SAFETY, AND ACKNOWLEDGING THE STRENGTH YOU ALREADY HAVE.

## COVERED TOPICS:

- Safety and Safety Planning
- Healthy Relationships, including Setting Boundaries
- PTSD: Taking Back One's Power
- Detaching from Emotional Pain
- Healing from Anger
- Asking for Help
- Recognizing Red Flags and Green Flags

## WHAT ELSE:

- This program is free
- Virtual programming is available

## WHERE:

MILWAUKEE CENTER  
FOR CHILDREN AND  
YOUTH, INC.  
MCCY GOOGLE MEETS  
AND ZOOM VIRTUAL  
MEETING SPACES

## WHEN:

For more  
information  
regarding dates  
and times, please  
contact  
414-367-8106 or  
nancy@MCCY.org

To find out more about our services, register for a program, or make a referral, call (414) 248-3996, email [referralemccy.org](mailto:referralemccy.org). You can also find us on Facebook, or check us out on our website!

[www.MCCY.org](http://www.MCCY.org)

