



COME JOIN US FOR:

Special 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 and Virtual

WHERE:

WHEN:

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

April 27th - May 27th this 5 week program will meet every Tuesday and Thursday evening 6 - 7pm please contact: Priscilla at (262)509-0130 or pwallace@mccy.org Samantha at (262)710-0757 or samantha@mccy.org



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

www.MCCY.org