



Support Groups

An intake is required before attending any group offered at Prevail.

Childcare is not provided.

ALL GROUPS ARE CONFIDENTIAL AND FREE OF CHARGE.

**For more information about Prevail's support groups and services,
please contact the Prevail office at (317) 773-6942**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Open Domestic Violence Support Group	Closed Domestic Violence Support Group	Boundaries Support Group	Children's Sexual Assault Support Group <i>Trailblazers</i>
Parenting Support Group Teen/Young Adult	Closed Children's Domestic Violence Support Group <i>Exploring My World</i>	Teen Group <i>Healthy Relationships</i>	Parenting Support Group Children Survivors of Sexual Assault
Teen Sexual Assault Support Group	Teen Domestic Violence Group		Sexual Assault Support Group

Adult Groups

OPEN DOMESTIC VIOLENCE SUPPORT GROUP

This is an ongoing support group for of domestic violence survivors. The group experience provides educational opportunities, referral resources, and traditional group support. This group is an especially good fit for adults who are survivors of childhood abuse, multiple abusive relationships, and issues related to low self-esteem. Confidential, empathetic understanding and non-judgmental support is the cornerstone of this group.

CLOSED DOMESTIC VIOLENCE SUPPORT GROUP

This is a closed 12 week psycho-educational group for survivors of domestic violence. This group focuses on healing from trauma and uses an evidence-based curriculum. Some of the group topics include: reactions to trauma, how trauma impacts our lives, boundaries, self care, emotions & feelings.

SURVIVORS OF SEXUAL ASSAULT SUPPORT GROUP

A 12 week closed support group for those who have experienced sexual assault, rape and adult survivors of childhood sexual abuse.

BOUNDARIES SUPPORT GROUP

This closed support group is for anyone struggling with boundaries and co-dependency in any relationship in their life. The goal of this group is to identify and establish healthy boundaries with new and existing relationships. Some of the topics include co-dependency, boundaries with self, boundaries with others, implementing boundaries, and resistance to boundaries.

Parent Groups

PARENTS OF CHILD VICTIMS OF SEXUAL ASSAULT SUPPORT GROUP

This 12-week, psycho-educational support group runs concurrently with the *Trail Blazers* group. Coping and understanding a child's victimization are extraordinarily difficult and confusing. This group provides parents the opportunity to gain education about the dynamics of childhood sexual assault, while developing a network of other supportive parents to discuss their feelings regarding the abuse.

PARENTS OF TEEN/YOUNG ADULT VICTIMS OF SEXUAL ASSAULT SUPPORT GROUP

This is a closed psycho-educational support group for parents of teens/young adult survivors of sexual assault. This group seeks to provide support to parents struggling with the victimization of their teen/young adult child(ren). The goals of this group are to gain understanding of the effects of sexual assault, to learn ways to cope, and to develop a supportive network of other parents struggling with similar issues. This group will run independent of the teen sexual assault group.



Support Groups (Continued)

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Teen Groups (12-18)

TEEN SURVIVORS OF SEXUAL ASSAULT

This 12-week support group is for teen victims of sexual assault, rape, incest, or sexual abuse. The goal of this group is to provide teens with information about sexual assault, a space for them to develop safe and healthy coping skills and a supportive environment of other teens that have experienced abuse.

MAKING CHOICES — TEEN GROUP

This teen program is a 12-week educational domestic violence group for teen victims of abuse. Teens who are interested in attending this group may be primary victims of abuse, experiencing abuse first hand; or they may be secondary victims of abuse, witnessing abuse in the home. The program focuses on education regarding abuse, family roles, feelings, healthy relationships, coping, and safety. The program goal is to provide teens with an opportunity to express their thoughts while gaining support from their peers.

HEALTHY RELATIONSHIPS TEEN GROUP

This teen program is a 10 week psycho-educational group for teens who have experienced trauma. The goal of this group is to increase awareness and understanding of healthy and unhealthy relationships. Discussions and activities focus on boundaries, communication, consent, authenticity, coping, and safety.

Children's Groups (6-12)

EXPLORING MY WORLD — CHILDREN'S FAMILY VIOLENCE SUPPORT GROUP

This children's program is a 12-week educational support group for children who have witnessed family violence. In general, the program focuses on education about abuse, family changes, feelings, boundaries, safety planning, and self-esteem. Children may participate in this program as long as their non-offending parent/guardian is attending the respective support group.

TRAIL BLAZERS — CHILDREN'S SEXUAL ASSAULT SUPPORT GROUP

Trail Blazers is a 12-week, educational support group for children who have been victims of sexual assault, incest, and/or molest. The goal of this group is to assist child survivors of sexual assault to develop adaptive and healthy coping skills, while allowing them to develop a greater sense of safety and trust. Topics covered in the group will include: the dynamics of sexual assault, communication with safe family members feelings, self-esteem, triggers, and safety planning. Children may participate in the program as long as their non-offending parent/guardian is attending the respective Parents of Child Victims of Sexual Assault support group.

Prevail, Inc. is dedicated to serving victims of crime and abuse in a confidential, supportive, non-judgmental environment that is meant to empower, educate and strengthen those we serve.

By offering these life-saving services, free of charge, we help people move forward – to give hope for a life free of violence and fear – to provide care and understanding in crisis – to help make an easier path in facing life's challenges. Prevail seeks to make positive change happen – in individuals and families, in our communities, and in our social systems.