Counseling Associates
Therapeutic Groups

Seeking Safety

This group is focused on helping individuals with co-occurring substance abuse and PTSD develop coping skills and foster a sense of community.



Following a present-focused, evidence-based curriculum, group members will explore 10 topics from the Seeking Safety curriculum including:

Safety
Taking Back Your Power
Setting Boundaries
Asking for Help
Creating Meaning
Red and Green Flags
Healing From Anger
Grounding
Compassion
Coping with Triggers

SCAN ME

Register online using the QR code
or call our office at 603-865-1321

www.ca-mh.com