

Group Information

Skills group: This group is psychoeducational and encourages group participation and discussion. Based on Dialectal Behavioral Therapy (DBT), members learn concepts and skills to enhance mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance. This group is the 6 week curriculum group. It meets every Monday evening from 6pm to 7:30pm at our main location. Let me know if you are interested in this so I can let the therapist know. (Closed)

Trauma-Sensitive Yoga: This group provides a space for individuals to cultivate an awareness of their own mid-body conjunction. TSY is adjunct to individual therapy in which participants are provided an opportunity to learn/practice being in their own bodies and strengthening self-regulation skills. This group has two options of meeting. It has a Monday evening availability from 5:30pm to 6:30 pm with an optional processing time from 6:30pm to 7:00pm. It also meets every Tuesday morning from 9am to 10am with the optional processing time from 10am to 10:30am. This meets at our main location, but meets in room 204 on the first floor. This is an open group where you can come as you please. (Open)

Creative Healing Group: The expressive arts group provides connection and support for adults that have experienced sexual violence. This trauma-sensitive support group will focus on building internal resiliency and connection with others, in addition to allowing for expression of experiences and well-being through the effective and safe medium of art. This group meets every Thursday morning from 9am to 10am at our main location. This group is also open and you can come and go as you please. (Open)

Creative Writing Group: This group is a way to facilitate healing from sexual trauma using written word. Group members will meet weekly and be given a topic related to healing, and time to write. Group members will then be allowed the opportunity to share their work with other members in a safe supportive environment. Sharing is optional and not required. This group meets every Thursday from 10am to 11:30 am at the main location. (Open)

Johnson County Community College Support Group: This is a survivor led support group. It meets every Tuesday evening from 5:30pm to 7:00pm at Johnson County Community College (12345 College Blvd Overland Park, KS at the Regnier Center in room 170). It is also an open group where you can come and go as you please. (Open)

Partners in Healing: This group is designed to offer both support and education to caregivers of children who have experienced sexual abuse. While the support varies from week to week, the educational component is designed to enhance the information the children receive in the kids group. The parents regularly report that the most meaningful part of this group is sharing with other caregivers who are experiencing the same struggles. The group discussion topics include supporting your child after a disclosure of sexual abuse, increasing and enhancing coping skills, the development and enhancement of family communication skills, and emotional regulation and distress tolerance for both caregivers and their children. This group is open to all caregivers of a child who has experienced sexual abuse. Tuesdays 6pm-7pm. (Open)