

Seeking Safety Group for Women

An evidence-based treatment curriculum designed to address symptoms of trauma, PTSD, and substance use by promoting safety.

Safety includes the ability to:

- Manage trauma symptoms
- Cope with life without the use of substances
- Take good care of yourself
- Find safe people who can be supportive to you
- Free yourself from domestic violence or other current abusive relationships
- Prevent self-destructive acts
- Find ways to feel good about yourself and to enjoy life



16 week curriculum starting May 15th 2025

When: Every Thursday from 9 AM-10 AM

Where: Center for Human Development, 2nd floor conference room

For any questions and to be referred to this group please contact:

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Or Call: 413-774-6252, ext. 29856 (Alex) 413-237-6486 (Lindsey)

