

Support Groups

Our community has a variety of different support groups for survivors of domestic violence, elder abuse, sexual assault, and some for friends and family of survivors.

This list of support groups is updated periodically.

LongmontDomesticViolence.org



Domestic Violence

Drop-In Domestic Violence Support Group

Description: For any woman in the community who has dealt with, or is dealing with, domestic violence. This women's support group is confidential and is facilitated by trained leaders. Not only is it an opportunity to meet with others in a safe and supportive environment, but also an opportunity to gain information on how to better cope with feelings and experiences that surface because of domestic violence issues. There is no commitment required; come for one meeting or come for them all. **Cost:** Free **Notes:** Contact Safe Shelter at 303-772-0432 for specific information regarding this group.

Friends and Family Workshop

Description: Free, 2 part workshop explores the dynamics of abuse and our role as family and friends of those affected by this problem. Attending this workshop is the first step in understanding how you can help. Topics for this workshop will include the following and more: Dynamics of abuse, Why might a victim stay, How to support a victim, Self-care. **Dates:** 4th Wednesday of each month from 6:00 - 8:00 p.m. **Location:** Safe Shelter outreach office **Cost:** Free **Notes:** Contact Safe Shelter at 303-772-0432 for the location and for more specific information regarding this group.

Sexual Assault

Therapy Group for Sexual Assault Survivors

Description: Have you experienced rape, incest, molestation or other forms of sexual assault? Then you know the impact that these experiences can have on your emotional, physical, social and spiritual well-being. This 14-week group therapy is a safe and effective way to heal from the trauma of sexual violence. **Dates:** Wednesday evenings, 6:00-7:30 pm, begins September 3rd **Notes:** For more information or to schedule a group screening appointment, please call or email MESA: 303-443-0400; info@movingtoendsexualassault.org.

Support for Secondary Survivors of Sexual Assault

Description: Being a parent, family member, friend or partner of someone who has been sexually assaulted can have an emotional, physical, social and spiritual impact on your well-being. Participation in this 6-week group will provide: a safe, confidential environment to learn and explore feelings; connection and support with others who have had similar experiences; a place to talk about intimacy and communication. **Dates:** Wednesday evenings, 6-7:30 p.m. beginning May 14th **Notes:** For more information or to register for the group, please contact: Melody Wollgren or Jessica Ladd-Webert at 303-443-0400 or at info@movingtoendsexualassault.org.

Wild at Heart

Description: Come join this group to experience the powerful and transforming presence of horses. Interacting with horses and being outdoors has proven to be extremely healing for women who have experienced life altering sexual violation. Horses embody the qualities of strength, grace, dignity and freedom. We will explore and bring forth these innate parts of our being, which may have been suppressed or ignored due to our experiences and the fear which often results from trauma. No previous horse experience is required. Call Melody at 303-443-0400 for more information. **Dates:** Saturday mornings, Aug 9 - Oct. 4, 10 a.m. - 12 noon **Cost:** Sliding scale

Trauma

Stress Reduction for Trauma Survivors

Description: A variety of relaxation techniques, including Yoga, breath work, and art. I also incorporate state of the art neurophysiological practices which help resolve posttraumatic stress very quickly. **Dates:** New group starts several times/year **Cost:** \$36/session; Victim compensation benefits are accepted **Notes:** For information or registration details, call Beatriz P. Blum (303.956.7328), Licensed marriage and family therapist, working with victims of abuse since 1975. Groups are kept small intentionally to create maximum safety and effectiveness.

Older Adults

Touching the HeART

Description: For women 50+ who have been in abusive or controlling relationships. Art therapy is used as a format for healing. **Dates:** Third Friday of each month from 12:00 to 2:30pm **Notes:** Call Ruth Waukau at 303.651.8414 to inquire about group specifics.

Youth / Children

Contact Safe Shelter at 303-772-0432 for specific information regarding the following free groups for youth and children.

Book Club - This group is for children who've been exposed to domestic violence. Children ages 9 - 14 who enjoy reading are welcome to come together for reading, arts and crafts activities and support. This group is open to all levels of reading.

M3 - Math+Mentoring = Magic - This group is for children who've been exposed to domestic violence. This group was created after noticing that math was often the favorite subject of many of our child clients. This group incorporates the positive element of mentors who are there to listen, meet the child where they are and provide acceptance, support and skills to get where they want to be.

Living Kids Group - This is a 12-week structured group for children. The group covers the same topic as the Women's LIFE group and the two groups are run concurrently. Topics covered include: self-esteem, feelings, healthy and unhealthy relationships, anger, boundaries, relaxation, conflict resolution, grief, guilt and shame and self-care.