

Women's Seeking Safety Group

Seeking Safety is an evidence-based treatment designed to help people find safety from trauma and/or substance abuse.




SAMARITAN CENTER



Topics Include:

- Safe coping skills
- Healthy relationships
- Emotional grounding
- Healing from anger
- Self-Compassion
- Healthy self-care



- **WHEN:** Tuesdays, April 18 to June 6 from 6:00 PM to 7:30 PM
- **WHERE:** The Samaritan Center, 8956 Research Blvd., Bldg. 2, Austin, TX 78758
- **COST:** FREE

FACILITATORS: Christy Aletky, LCSW, LCDC, RYT and Erin Peace. Christy Aletky is a Staff Therapist and United States Navy Veteran whose expertise includes Substance Use Disorders, Trauma, Criminal Justice Involvement, and Veterans Issues. Erin Peace is a Clinical Social Work Intern whose experience includes Mental Health, Chronic Illness, Adoption, and School Social Work.

REGISTRATION REQUIRED. Email: erin@samaritan-center.org
Phone: 512-451-7337 ext. 312