

Support Circle: a group for female survivors of sexual violence



Support is just a phone call away.
763-482-9598
www.rumrivercounseling.com

For female survivors of sexual violence

Without effective coping skills, sexual violence trauma can cause victims to feel isolated, shamed, disconnected, fearful, & stressed.

The Support Circle curriculum will include info about:

- traumatic stress symptoms
- normalizing feelings related to trauma
- triggers & grounding techniques
- stress management & relaxation techniques
- relationship issues following trauma
- setting boundaries with others

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

~Maria Robinson, writer



Group facilitator:

Amanda Holmberg, MS LAMFT
Shawn Neel, MS LMFT Supervisor

Amanda has extensive experience and training as a group facilitator. She is passionate about the power of support from group work as a valuable tool in the healing process. She believes that connecting with others that have similar experiences can empower teens to make changes that last.

your Support Circle



Support Circle is a eight-week group that provides a safe place for survivors of trauma to learn about self-care strategies, coping skills & common reactions to trauma. The group also offers a safe place to share your story and receive support from others.

Support Circle also offers skill building & stress management for parents & caregivers of survivors of sexual violence.

Group Location

Brooklyn Park
4600 Oak Grove Parkway
Brooklyn Park, MN 55443

Info & Registration

For registration or more information, please call us at
763-482-9598 or 952-270-3822

You can also visit on the web at:
www.rumrivercounseling.com
or email Amanda at:
amandah@rumrivercounseling.com



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