

ASTOP Groups

- A group for **adult women**, *The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse*, is based on a book and workbook by Dr. Dan Allender. The group runs for 16 weeks. A new group will begin each time four clients are on a waiting list. The date and time are set by the needs of the group.
- A group for **adult women**, *Beyond Trauma: A Healing Journey for Women*, is based on a program by Dr. Stephanie Covington. The group runs for 13 weeks. A new group will begin each time four clients are on a waiting list. The date and time are set by the needs of the group.
- A group for **adult women**, *Healing the Trauma of Abuse*, uses a workbook by Mary Ellen Copeland and Maxine Harris. The group runs for 13 weeks. A new group will begin each time four clients are on a waiting list. The date and time are set by the needs of the group.
- A group for **adult women**, *Boundaries*, uses a book and workbook John Townsend and Henry Cloud. The group runs for 16 weeks. A new group will begin each time four clients are on a waiting list. The date and time are set by the needs of the group.
- **Teens** are welcome to join an adolescent group working through *VOICES: A Program of Self-Discovery and Empowerment for Girls* based on a program by Dr. Stephanie Covington. New clients can begin at any time after meeting for an individual session. The group meets every Tuesday from 4:00 to 5:30.
- **Parents** whose children have been victims of sexual abuse are welcome to join a group using the workbook *Treating Non-Offending Parents in Child Sexual Abuse Cases* by Jill Levenson and John Morin. New clients can begin at any time after meeting for an individual session. The group meets every Thursday from 6:00 to 7:30.
- **Women's Trauma and Addiction Group**
Topics include safety, good coping skills, substance abuse/trauma, reaching out for help, self-care/self regulation, healthy boundaries, creating meaning, self-nurturing, healing from anger, body awareness, and who am I. Topics may be changed or added depending on the needs of group participants. Each woman must have a primary counselor/ therapist she is working with.
Capacity of 8 women. 12 weeks, 1 ½ hour weekly
- **Healthy Sexuality Group**
Topics include Body Awareness, Staying grounded/present, and Healthy vs. Unhealthy Ideas about Sex, Intimacy, and Communication about needs, Challenge old beliefs, Learn about our anatomy.
Capacity 8 women. 10 weeks, 1 ½ hour weekly
- **Couples Education Group**
This is a 3 week educational session to assist spouses and survivors in understanding the effects of sexual abuse on relationships. Topics include effects of sexual abuse, communication skills, and unhealthy boundaries.
Capacity 4 couples. 3 sessions, 1 ½ hour weekly.