

Response Sexual Assault Support Services of the YWCA

5215 Colley Avenue, Norfolk, VA 23503

Summer Group Therapy Schedule

Domestic and Interpersonal Violence Support Group

Mondays 6:00 p.m.– 7:30 p.m.

Contact: Dr. Courtney Podesta 623-2115 x15

courtney.podesta@ywca-shr.org

This group is designed to provide support as well as facilitate the process of healing for victims of domestic and interpersonal violence. Group members are encouraged to share their experiences with one another, which helps members to know that they are not alone in what they are experiencing or feeling.

This group is an open group, new members can join at any time, and the group is free of charge.

Interpersonal Process Group for Women

Thursdays 2:00 p.m.-3:30 p.m.

Contact: Dr. Courtney Podesta 623-2115 x15

courtney.podesta@ywca-shr.org

Victims of sexual violence commonly experience interpersonal difficulties after the crisis of having been assaulted has been resolved. In resuming their lives, victims find that interpersonal issues may be difficult to navigate or communicate. This group may be perfect for you if you struggle with unhealthy relationships, difficulty with confrontation, advocating for personal needs, difficulty establishing future goals/direction, difficulty building or maintaining social connections, identity issues, trust, family conflict, self-blame, or low self-esteem. This group is designed to process interpersonal issues and focus on methods to strengthen interpersonal skills.

This group is an open group and new members can join at any time. There is a \$10 fee per group.

Teen Support Group for Victims of Interpersonal Violence

Thursdays 4:00 p.m.-5:30 p.m.

Contact: Kelly Andrews, M.S., 623-2115 x32

kelly.andrews@ywca-shr.org

Teens experience interpersonal violence (physical, sexual, and verbal abuse) differently than adults and need a safe place to share and relate to others their age. This group is supportive in nature, but also will encourage the teen to grow and recover from the abuse in their past. Art interventions may also be used to help facilitate discussion.

This is an open group and new members can join at any time. There is a \$10 fee per group.

Support Group for Survivors of Sexual Assault

Fridays 11:00 a.m.-12:30 p.m.

Contact: Jeanette Kippenhan, M.S. Ed., NCC, 623-2115 x29

jeanette.kippenhan@ywca-shr.org

This is a support group for women who have been sexual assaulted and want to share their experiences and feelings about being a victim of sexual assault with those who have also been through such a trauma. Members of this group are no longer in crisis but might still be struggling to integrate the assault into their identity. This group relies on its members to drive the discussion and shape the topics for the group.

This is an open group, new members can join at any time, and the group is free of charge.