

Seeking Safety

Safety Group

Struggling
with Anxiety?

Depression?

Trauma?
Self-Defeating
Behaviors?

Relationship
Stress?

Topics covered include:

- Detaching from Emotional Pain (Grounding)
- Taking back your power
- Compassion
- Coping with Triggers
- Healing from Anger
- Creating Meaning
- Setting boundaries in relationships

If you are already seeing a counselor, speak with them about scheduling a group orientation

Scan for more information about
Counseling Center Services:

If you're new to the Counseling Center, call (716) 878-4436 to schedule an initial appointment and ask the counselor about Seeking Safety.

