



SUPPORT GROUPS

➞ SUPPORT GROUPS MEET MONTHLY

3RD THURS Women's Sexual Trauma Group

5:30 PM | In-Person at Victim Service Center

Contact: nicola.prichard@victimservicecenter.org

4TH MON Women's Sexual Trauma Group

5:30 PM | Virtual (Via Zoom)

Contact: karime.rios@victimservicecenter.org

Women's Sexual Trauma Group is for women-identifying adult survivors of sexual violence. Group objectives: learn how to regulate emotions, understand trauma, develop coping skills and self-compassion as well as stress management.

1ST WED Men's Sexual Trauma Group

6:00 PM | Hybrid (Virtual & In-Person)

Contact: latonya.smiley@victimservicecenter.org

Men's Sexual Trauma Group is for all men-identifying survivors of sexual trauma, ages 18+. A judgment-free environment where male survivors can share, listen, and support one another in the journey toward healing.

All groups require a pre-screening.

Contact your therapist or advocate to learn more

FOR GENERAL INQUIRIES, EMAIL: MARKETING VICTIMSERVICECENTER.ORG



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2ND TUES

Forty & Forward (For Women 40+)

5:30 PM | Hybrid (Virtual & In-Person)

Contact: rhonda.wilson@victimservicecenter.org

The Forty & Forward support group is for women-identifying survivors of trauma, ages 40+. Topics of discussion include self-compassion, connecting with others, emotion regulation, and healthy coping skills.

3RD THURS

Healing Through Movement

7:30 PM | Location: The Peaceful Peacock

Contact: brandi.godbee@victimservicecenter.org

Healing Through Movement is a support group that incorporates yoga, meditation, and self-reflecting activities to promote wellness and enhance body and mind connection. Open to all VSC clients of all genders, ages 18+. Facilitated by Tamara Nelson, MA, LMHC and Registered Yoga Teacher (RYT-200)

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2ND WED

Black Lotus Circle Support Group

6:00 PM | Virtual (Via Zoom)

Contact: tamara.nelson@victimservicecenter.org

Contact: natalee.summers@victimservicecenter.org

Black Lotus Circle is a support group for all Black/African-American women-identifying survivors of violence who are seeking a communal space to engage in healing.

3RD MON

Fortaleza Femenina (Spanish-Speaking)

6:30 PM | Virtual (Via Zoom)

Contact: valerie.lopez@victimservicecenter.org

Contact: maria.figueroa@victimservicecenter.org

Fortaleza Femenina is our support group for Spanish-speaking women survivors of trauma, and includes any type of trauma. Group focus includes understanding the impact of trauma and anxiety, navigating relationships and stepping into empowerment. Participants will also learn the effects of trauma on our bodies and to create healing and connection. For adults 18+.

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LAST MON

Still, I Rise (Domestic Violence Support)

3:00–4:30 PM | In-Person at Victim Service Center

Contact: narvett.carter@victimservicecenter.org

Contact: anabel.perez@victimservicecenter.org

Still, I Rise is a confidential, judgement-free support group and a safe space for women 18+ who have experienced emotional, physical, or psychological abuse in intimate relationships. Together, participants will support one another and begin the journey towards healing and empowerment.

TUESDAYS

Rise Therapy (10-Week Series)*

6:00 PM | In-Person at Victim Service Center

Contact: valerie.lopez@victimservicecenter.org

Rise is a therapy group for processing childhood sexual abuse. The group focuses include finding new ways to view yourself, challenging old beliefs, understanding your nervous system and trauma, learning self-compassion, and connecting with your inner child. For adults of all genders, ages 18+.

*** Started August 2025**

All groups require a pre-screening.

Contact your therapist or advocate to learn more

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SUPPORT GROUPS

➞ CURRENTLY NOT ACTIVE BUT STARTING SOON

NOT ACTIVE Emotions In Motion (W/Orlando Ballet)

Restart Date: Oct. 6, 2025 at 7:15pm

Contact: brandi.godbee@victimservicecenter.org

Emotions In Motion is a dance-based support group in collaboration with Orlando Ballet. Participants will understand their emotions through movement, connect to the body, and learn how to connect to others. No prior dance experience is needed. 10-week commitment is required. This group is open to adult survivors of any victimization and gender, ages 18+.

NOT ACTIVE Surviving The Holidays

Restart Date: Nov. & Dec. 2025, Jan. 2026

Contact: brandi.godbee@victimservicecenter.org

Surviving The Holidays is a 3-part workshop for those who find stress from pain rather than joy and connection during the holidays. This group brings extra support to those struggling during that time. Participants will navigate the holidays with balance, peace and well-being. For adults ages 18+.

All groups require a pre-screening.

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SUPPORT GROUPS

➞ CURRENTLY NOT ACTIVE BUT MAY RESTART IN THE FUTURE

NOT ACTIVE Rainbow Resilience (LGBTQIA+)

Restart Date: TBA

Contact: valerie.lopez@victimservicecenter.org

Rainbow Resilience is a support group for LGBTQIA+ adults identifying as survivors of traumatic circumstances, including sexual abuse and domestic violence. For adults ages 18+ .

NOT ACTIVE Men's Domestic Violence Support Group

Restart Date: TBA

Contact: nicola.prichard@victimservicecenter.org

Our Men's Domestic Violence Support Group is for all men-identifying survivors of interpersonal violence, including domestic and family violence. For adults ages 18+

All groups require a pre-screening.

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