



Owens & Associates Counseling & Therapy Center, LLC

SURVIVOR Support Groups

Are you a victim or survivor of domestic violence or sexual assault? Do you struggle with one, or more, of the following, as a result of trauma: anxiety, depression, difficulty with concentration, forgetfulness, feelings of powerlessness, hopelessness, guilt, anger, frustration, panic, Post Traumatic Stress Disorder, self-injurious or acting-out behaviors, sleep disturbances, or suicidal ideation? Do you ever wish more people understood your experiences? If you answered yes to any of these questions, this group may be for you!

Group Details

Offered at both our LITH and St. Charles locations!

**Saturdays at 12pm
1118 E. Main, Suite 2A
St. Charles, IL 60174**

OR

**Sundays at 12pm
9241 S. Rte. 31
Lake in the Hills, IL 60156**



****Due to limited seats available,
REGISTRATION IS REQUIRED! ****

Most major insurance and self-pay plans accepted!

Contact us at 847-854-4333 to reserve your spot!

For additional group information, please contact JoyAnn at joyann@owenscounseling.com

Goals • Skills • Hope • Change