



Owens & Associates Counseling &
Therapy Center, LLC

SURVIVOR
Support Group

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
 - Forgetfulness
 - Lack of concentration
 - Sleep disturbances
- Feelings of:
- * powerlessness,
 - * hopelessness,
 - * guilt,
 - * anger, or
 - * frustration
- Symptoms of panic
 - Post Traumatic Stress
 - Self-injurious behavior
 - Acting-out behaviors, 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

We are constantly changing to meet
the needs of our clients!

For group time and locations, please
contact 847-854-4333.



****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!

