



## **NEW Group Therapy Sessions**

**Group Time:** Every Monday at 6:00-7:00 pm

**Location:** 2644 Banksville Rd. Pittsburgh, PA 15216

**Audience:** Adults 18 and over

**Topic/Curriculum:** Safe Coping/Seeking Safety

**Group Leader:** Emily Anderson

**Group Time:** Every Tuesday at 1:00-2:00 pm

**Location:** 250 Shady Ave. Pittsburgh, PA 15206

**Audience:** Adults 18 and over, female only

**Topic/Curriculum:** Safe Coping/Seeking Safety

**Group Leader:** Sarah Irwin

**Group Time:** Every other Tuesday at 6:00-7:00 pm

**Location:** 2644 Banksville Rd. Pittsburgh, PA 15216

**Audience:** Adolescents ages 13-17

**Topic/Curriculum:** Safe Coping/Seeking Safety

**Group Leader:** Heather Filby-Salzaar

**To enroll, please call Familylinks Intake  
Department at 866-583-6003.**

## **SEEKING SAFETY Group Therapy**

Seeking Safety is group therapy for adults and adolescents with trauma history and substance abuse/self harm.

The goals are to stay alive, be free from substance abuse, build healthy relationships, gain control over feelings, learn to cope with day-to-day problems, protect self from destructive people and situations, not hurt self or others, increase functioning, and attain stability.

In these sessions, we will focus on coping skills to help stabilize and manage distress safely.

This treatment seeks to help each person find self-esteem, understand his/her self, to develop an identity as someone who can cope successfully with life.

Each session ends with each person having a "commitment" to carry out before the next session.

