



Virtual Support Groups

All services are free and confidential!

*** Preregistration required for all groups. ***



Sexual Violence Virtual Support Group **Tuesdays • 6:30-8:00 PM | Location: Zoom**

This is a closed group and a safe space for survivors of sexual abuse and violence. Our goal is to assist in your healing by providing information, support, and a platform to share your experiences of sexual assault. Our 8-week program is structured around specific topics, including education on SV 101, managing anger, dealing with trauma triggers, regaining control, setting boundaries, practicing self-care, coping with the trauma, finding hope, and building resilience. **The group is open to individuals aged 16 and above of any gender. We encourage all members to attend every session.**



Renewed Beginnings Domestic Violence Support Group **Wednesdays • 6:30 - 8:00 PM | Location: Zoom**

Renewed Beginnings is an 8–10-week closed support and educational group for Minnesota residents who have experienced domestic abuse. Our goal is to assist in your healing by providing information, support, and a platform to share your experiences in a safe and inclusive space. The program is structured around specific topics, including education on DV 101, dealing with trauma triggers, regaining control, setting boundaries, practicing self-care, coping with the trauma, finding hope, and building resilience. **This group is open to individuals aged 18 and above of any gender.**



On Our Way (for women 50+) **Thursdays • 10:00 - 11:30 AM | Location: Zoom**

“On Our Way” is a support and education group for women 50+. Participants will reflect on their experiences, draw strength from their past, and create their path toward a peaceful future. This service is exclusively available to residents of Anoka County, MN.



Support & Healing Group for Survivors of Domestic Violence **Thursdays • 6:30 - 8:00 PM | Location: Zoom**

This weekly support group is for adult women who have experienced domestic abuse and are ready to explore their personal healing process and find hope. This service is exclusively available to residents of Anoka County, MN.

**If you are interested in participating, please complete the [Support Group Interest Form](#).
For more information or questions, call 763-780-2330 or email supportgroups@alexandrahouse.org.**