

SEEKING SAFETY

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Seeking Safety is designed to help clients with trauma and/or substance use gain safety in their relationships, thinking, behavior, and emotions.

SEEKING SAFETY GROUPS

Assessments and group sessions will be offered weekly online to ensure safety during the COVID-19 pandemic. However, you will need to be able to attend online and in-person sessions in the Vienna office.

Group schedule: Fridays at 9:00-9:50am
Session 1 (12 weeks) starts on Friday, October 22

CONTACT INFO:

If you are interested in joining the Seeking Safety Group please contact: Kristen Pavlich to schedule an intake assessment.

Kristen Pavlich
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