If you are an adult who has a history of child abuse and would like to gain information, learn coping skills and increase your support system, then this is the group for you!

**When:** Tuesday Evenings (Call for Start Date)

**Where:** San Diego, CA 92108 (Mission Valley)

This is a 12-week group and possible topics to be covered are:

- Boundary setting
- Self-Esteem
- Identifying and changing dysfunctional patterns of behavior
- Relaxation techniques
- Establishing healthy relationships
- Coping with flashbacks or disturbing memories
- Changing dysfunctional thoughts

For any questions or further information, please contact our intake line @ 619-692-0727 x118