



## Virtual Support Groups

Childhood Maltreatment

Childhood Sexual Abuse

Human Trafficking

Intimate Partner Violence

Sexual Violence



*HopeWorks' mission is to support and advocate for people in Howard County affected by sexual and intimate partner violence and to engage the community in creating the change required for violence prevention.*

**To learn more about any of our support programs please call:**

# 410.997.0304

## Currently or Recently Experienced Violence?

### The Women's Support Group

Meets Weekly via Zoom

The **Women's Support Group** provides an opportunity for women who have experienced emotional, sexual, and/or physical abuse to connect with and receive support from fellow survivors. This group is facilitated by counselors who specialize in trauma. Each week the group explores different ways to cope with the pain caused by abuse and violence.

This is an ongoing weekly group; participants may come every week or whenever they are able. This is a free program, but you must register in advance.

**To register:** Call (410) 997- 0304 and ask to speak with an Advocate about participating in the Women's Support Group.

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## Experienced Human Trafficking?

### Human Trafficking Peer Support Group

Meets Monthly via Zoom

The **Human Trafficking Peer Support Group** provides an opportunity for survivors of human trafficking to connect and create community with other survivors. This trauma-informed group is facilitated by HopeWorks' Anti-Trafficking Department. Each session has a dedicated activity ranging from arts-based activities to trauma-informed yoga.

This is an ongoing group and participants may come whenever they are able. This is a free program, but you must register in advance.

**For information and to register:**

Email: [mimohi@hopeworksofhc.org](mailto:mimohi@hopeworksofhc.org).

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## Looking to create or maintain wellness?

Survivors of all forms of sexual or intimate partner violence (who are out of crisis), are invited to attend **The Our Voice Project** events. Through trauma-informed peer support we offer six engaging programs encouraging self-care, connection, learning and leadership.

Events, topics and themes vary.

Past events have included seminars about emotional abuse, reiki, film screenings, mindfulness techniques, expressive writing and arts-based stress relief.

**For information and to register:** Call (410) 997- 0304 or email the Executive Director: [vleatherwood@hopeworksofhc.org](mailto:vleatherwood@hopeworksofhc.org)