

Thriving Together

a survivor's mental health awareness & wellbeing group

Trauma, whether physical, emotional, verbal, or sexual, can have long-term effects on mental health. People who have experienced abuse or other trauma have a higher risk of developing a mental health condition, including depression, anxiety, or post-traumatic stress disorder (PTSD).

During Thriving Together, survivors of sexual and intimate partner violence explore ways to live well, be informed self-advocates, & address stigma and the health disparities that can challenge our wellbeing.

Sessions feature expressive-arts activities, self-care practices, relaxation techniques, education and guest speakers. A free program but registration is required.

Register at: HopeWorksOfHC.org/events

Sunday, September 8, 2024	3pm to 5pm
Sunday, November 3, 2024	3pm to 5pm
Sunday, February 2, 2025	3pm to 5pm
Sunday, May 4, 2025 (in-person)	3pm to 5pm

sessions are virtual except where noted



MIND

BODY

SPIRIT

*This project is supported by a grant
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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.