



Seeking Safety

ADDRESSING THE NEEDS OF PEOPLE THAT SEEK SAFETY FROM TRAUMA AND SUBSTANCE ABUSE.

Seeking Safety is an evidence-based group therapy program that focuses on coping skills in the present moment for persons with past trauma and substance abuse.

Many people affected by trauma may turn to addictive behaviors to try to manage difficult feelings. Learn to navigate triggers and successfully build a life of safety, security and wellbeing. People do not share stories of their traumas, but instead look towards the future and practice new ways to cope, safely.

Seeking Safety is a free, open-enrollment group. Participants may join the group at any point, and receive a certificate after participating in 10 complete sessions. This program is open to the community.

Classes funded in part by the Lancaster County Children and Youth Agency.



Please register ▶ ▶ ▶

Email: education@cobys.org
Or online:
www.cobys.org/family-support/programs-offered/

TWO GROUPS

Women-only group:

Via Zoom

Mondays, 6:30-8:00 p.m.

Open Group:

Via Zoom

Thursdays, 1:00-2:30 p.m.

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