REVIVE
Counseling Program

Reviving Hope:
Building A Survivor's Toolkit
A New Virtual Group for Survivors

About Revive

- Free and confidential
- Multiple languages
- **Hablamos español**
- Individual counseling
- Support groups

Revive, Doorways' counseling program, offers trauma-informed, short-term counseling tailored to your needs to support you in your healing process. At Revive, you can feel safe to talk about your experiences of abuse.

Contact us for info, support, and to be referred to Revive counseling services today.

This free, structured, therapist-led group aims to provide hope, connection, and a safe environment for diverse survivors to give and receive support and to review and practice skills and strategies for wellbeing and healing from trauma. Sample topics include:

- **Grounding and Detaching from Emotional Pain**
- **Taking Back Your Power**
- **Self-Compassion**
- **Taking Care of Yourself**
- **Asking for Help**
- **Recognizing "Red Flags" (and "Green Flags")**
- **Setting Boundaries in Relationships**
- **Safely Coping with Triggers**

Adult survivors of domestic violence, sexual assault, dating abuse, or stalking are invited to participate. ZOOM group meets biweekly every other Tuesday from 6:15-7:15 PM; next group cycle starts Tuesday, January 31.

For more info, or if you are interested in joining, please email us at ReviveReferral@doorwaysva.org or leave a voicemail at (703) 504-9279 to set up an intake conversation with a group leader.

Doorways provides shelter, services, and supportive housing for survivors of intimate partner violence and sexual assault.
Learn more on our website:

DOORWAYS SAFE ZONE

www.doorwaysva.org

Scan code to go there now:

24-Hour Domestic and Sexual Violence Hotline: 703-237-0881

Línea Directa las 24 horas para Violencia Doméstica y Sexual: 703-237-0881

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Гэр Бүлийн & Бэлгийн Хүчирхийллийн 24-Цагийн Тусламжийн Утас: 703-237-0881

الرقم الطارئ المتوفر على مدار 24 ساعة للعنف الأسري والجنسي: 703-237-0881