



Survivors of Abuse Recovery

S.O.A.R. is a 12-week program serving adults who fell victim to childhood sexual abuse. Participants follow a guided curriculum that is designed to identify feelings, learn healthy coping skills and provide a platform of trust where they can feel safe sharing their story. The program teaches healthy relationship boundaries, effective communication skills and instills a variety of key fundamentals that transform adult victims into high-functioning survivors.

Weekly group sessions meet to identify the impacts of trauma on daily life and work together to create healthy coping strategies that will make life easier to manage. This program lays a solid foundation for transforming you from a victim into a survivor.

There are two S.O.A.R. groups, one for adult women and one for adult men.

“I liked the open communication between everyone in group. I felt safe and understood, and was able to relate and build on many of our conversations.”

For additional information, please contact Sarah Johnston,
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