

Open Sexual Abuse/Assault Survivor Group FAQ

Q: When and where is the survivor support group?

A: Group will be held every Wednesday for 10 weeks starting September 14th, and ending November 16th. The group on VCU's campus will be from 3:15-4:15pm at the Well. If for any reason you are unable to attend the group at VCU, University of Richmond is also offering a similar group on their campus on Wednesdays from 12-1pm in the WC Deanery living room and VCU students are welcome to attend. For more information on UR's group, contact Kris Day at kday@richmond.edu.

Q: Do I need to sign up?

A: Registration is not required, but it is recommended that you reach out to the facilitator ahead of time if you're interested in joining. Survivors are welcome to join the group at any point in the semester. Contact the facilitator, Katie, by phone at 804-249-9470 ext. 19 or by email at katie@safeharborshelter.com if you have any questions!

Q: Can I still come if I cannot make it by the start time?

A: Yes. Please try to come to the group as close as possible to the start time. The goal is to create a safe space where survivors can share without disruption. If you plan to attend and know you will be late, please reach out to the group facilitator to let them know.

Q: Will transportation be provided?

A: Upon request, transportation can be arranged if needed. Advance notice will be needed to facilitate this request.

Q: How will I know if group is cancelled?

A: The group facilitator will contact members by phone or email if group is cancelled. If you are a new member who has not yet attended a group session, you can contact the Well's front desk staff (804-828-9355) to check if group is cancelled.

Q: Who can attend this group?

A: This group is open to students currently enrolled in any local college or university who are survivors of sexual abuse or sexual assault. Survivors of all gender identities and/or expressions are welcome in this group.

Q: What will be discussed in this group?

A: The goal of this group is to provide a safe space for survivors to connect with each other and develop coping and self-soothing strategies through mindfulness-based techniques and expressive arts.