

Summer Support Groups

All groups are free and run throughout the year at The Rape Crisis Center
To sign up or get more info, call us at 210-521-7273

Women's Expressive Arts Therapy

Incorporates writing, drama, dance, movement, painting and/or music. Clients are encouraged to explore their responses, reactions and insights via pictures, sounds, explorations and encounters with art processes.

FOR FEMALE SURVIVORS OF
SEXUAL ABUSE (AGES 18+)

STARTS JUNE 14 (8 WEEKS)
TUESDAYS 11AM-1PM

Men's Coloring Group

Coloring is no longer just for the kids. Like meditation, coloring allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety. Particularly effective for people who aren't comfortable with more creatively expressive forms of art.

FOR MALE SURVIVORS
(AGES 18+)

STARTS JUNE 16 (8 WEEKS)
THURSDAYS 6-8PM

LGBTQIA Empowerment

A safe space for LGBTQIA survivors that creates opportunities for acceptance, growth and healing. Addresses topics like exploring the self, healthy relationships, communicating with loved ones, self-care and more.

FOR LGBTQIA SURVIVORS
(AGES 18+)

STARTS JUNE 16 (8 WEEKS)
THURSDAYS 11AM-1PM

Teen Girls' Empowerment

Get to know other teens who've had similar experiences. Have fun, work on creative projects together, and learn more about topics like coping skills, self-esteem tools, social skills and more.

FOR FEMALE SURVIVORS
(AGES 13-15 & 16-18)

JUNE 18 | JUNE 21 (8 WEEKS)
SAT 11AM-1PM | TUES 6-8PM

Creative Modality for Child Sensory Growth

Sensory growth is important for the brain to grow and work the way it needs to. This group lets children learn and use their senses through art; assists caregivers and children with disabilities in understanding emotions; and allows caregivers to empathize with their children.

FOR FAMILIES WITH AT LEAST ONE
CAREGIVER AND A DISABLED CHILD
WHO IS A SURVIVOR (AGES 6-11)

STARTS JUNE 14 (6 WEEKS)
TUESDAYS 5-6:30PM