



Find out if Seeking Safety is right for you.

- ☐ Are you living with HIV?
- ☐ Do you have a history of trauma or addiction?

If you answered yes to these questions, then **Seeking Safety** may be right for you.



To learn more about Seeking Safety, contact us today.

Build your inner strength!

Get support, build coping skills, and feel more grounded.

With Seeking Safety,

you will meet weekly to talk about topics that are meaningful to you. You will learn ways to cope with trauma, stress, and addiction.

Benefits of Seeking Safety:



Cope with daily challenges



Detach from emotional pain



Ask for and receive help



Give yourself compassion



Take control of your health

Seeking Safety has helped many people with HIV reduce symptoms of traumatic stress and decrease their substance use.