

# VIRTUAL SUPPORT GROUPS

FALL 2021



St. Peter's Crime Victim Services (SPCVS) is offering a variety of free virtual support groups. All groups begin the week of September 13, 2021 and run for ten weeks. Individuals will need to attend at least eight of the ten weeks in order to participate.

In order to register, individuals must:

- Be a victim/survivor of a crime
- Be receiving additional support (from SPCVS, another victim assistance program, or another mental health provider)
- Complete a brief intake with the SPCVS staff person who is co-facilitating the group
- Be 18 year or older

Registration is required by September 3, 2021. Individuals who are interested in joining any of these groups should email the contact listed with the group name as the subject line, and their name, contact information, and location in the body of the email.

 **St Peter's  
Crime Victim Services**

ST PETER'S HEALTH PARTNERS

A Member of Trinity Health

[SPHP.com/CrimeVictimServices](https://SPHP.com/CrimeVictimServices)

**Women's Group**  
Mondays | 5:30 - 6:30 pm

**Contact: Autumn DeGoski** (she/her)  
Autumn.DeGoski@sphp.com or 518-912-4094

This is a weekly support group for female and female-identifying survivors of sexual violence. Participants will have the opportunity to discuss and learn more about topics such as the impact of trauma on self-image, relationships, and emotion regulation.

**Understanding Trauma**  
Tuesdays | 4 - 5 pm

**Contact: Jacquelyn Llanos** (she/her) and **Danille Hanlon** (she/her)  
Jacquelyn.Llanos@sphp.com or 518-817-6382  
Danielle.Hanlon@sphp.com or 518-833-6396

This group will teach about the brain and body connection when it comes to trauma. We will also explore how the brain changes after trauma. Participants will learn about somatic experiencing, how trauma manifests in our daily lives, and much more. Participants should have completed some trauma processing work individually prior to joining this group.

**LGBTQ+ Group**  
Tuesdays | 5 - 6 pm

**Contact: Liz Karam** (she/her) and **Alexa Cappola, LMSW** (she/her)  
Elizabeth.Karam@sphp.com or 518-833-6413  
Alexa.Cappola@sphp.com or 518-833-6411

LGBTQ+ Group is a support group for survivors of crime on the LGBTQ+ spectrum. Participants will have a space to connect with other survivors in the LGBTQ+ community for peer support, while enhancing their own recovery. This group will feature an eclectic array of healing modalities while providing a safe and affirming environment for all participants.

**Task Journaling**  
Thursdays | 2 - 3 pm

**Contact: Kelly VanAppledorn** (she/her)  
Kelly.VanAppledorn@sphp.com or 518-833-6417

Participants in this group will learn about the art of task journaling and how to use this skill to organize their lives, all while having a little goal-orientated fun. Participants will learn the benefits of tracking emotions, habits and symptoms in a quest for overall personal wellness.

**Seeking Safety**  
Thursdays | 4 - 5 pm

**Contact: Emilia Alsen** (she/her) or **Autumn DeGoski** (she/her)  
Emilia.Alsen@sphp.com or 518-833-6397  
Autumn.DeGoski@sphp.com or 518-912-4094

This group helps individuals attain safety from trauma (including PTSD) and substance abuse by emphasizing coping skills, grounding techniques, and education. Goals include helping individuals increase safety in thinking, emotions, behaviors, and relationships; exploring the connection between treating trauma & addiction; and addressing thoughts and feelings of loss created from substance abuse and trauma. This group is for anyone who has struggled with managing harmful addictive behaviors that may be connected to the trauma they have experienced.

**Feel the Music**  
Fridays | 12 - 1 pm

**Contact: Ryan Melone** (he/him)  
Ryan.Melone@sphp.com or 518-833-6401

Participants will use music to explore the mind-body connection. Through the practice of mindfulness, participants will explore and discuss the various physical feelings music can evoke. Weekly listening exercises and discussions will connect physical sensations to thoughts and emotions, focusing on different parts of the body and different feelings. Participants' enhanced understanding of this connection will empower them to use music to cope with overwhelming emotions.