

# Seeking Safety



Are you struggling with PTSD along with substance usage or other coping strategies? Hope House's "Seeking Safety" group offers a non-judgmental space to learn coping skills and while seeking freedom from addiction.

In this confidential hour and a half group we will work together to seek safety from trauma and substance use when they are co-occurring. Anybody looking for help with these struggles is welcome to join. If you're new to Hope House, please schedule a brief New Member appointment prior to attending.

**Fridays**  
**10:30-12:00 PM**

\*advance sign-up required,  
6 week series

**Hope House**  
**1306 Nipomo St**  
**(805) 541-6813**

Questions? Contact Hope House for more info at (805) 541-6813

