

Join other LGBTQ+ folx who are working through domestic violence, stalking, sexual violence, hate violence, and more. Learn about your legal rights, get help with finances, discuss how to stay safe, and start healing with others.

Meets Thursdays from 3:30 to 4:30 PM at 375 S. Euclid or join us virtually on Zoom.

Call 520-547-6190 to Sign Up

Date	Facilitator	Subject	Topic
Thursday, January 13th	Mara	Healing	Healthy Boundaries
Thursday, January 20th	Carrie	Safety Planning	Physical Safety
Thursday, January 27th	Sam	Financial Help	How to Sign Up for AZ Benefits
Thursday, February 3rd	Delia	Safety Planning	Justice 101—AZ Laws, Victim's Rights, Power and Control Wheel
Thursday, February 10th	Mara	Healing	Mindfulness, Breathing, and Relaxation
Thursday, February 17th	Carrie	Safety Planning	Emotional and Mental Safety
Thursday, February 24th	Sam	Financial Help	Resources in Tucson
Thursday, March 3rd	Delia	Safety Planning	Healing Through Justice—Victim's Compensation, Advocacy, Other Assistance
Thursday, March 10th	Mara	Healing	Communication Skills: "I Messages" and Assertive Communication
Thursday, March 17th	Carrie	Safety Planning	Electronic Safety and Technology Abuse
Thursday, March 24th	Sam	Financial Help	Ways to Save
Thursday, March 31st	Delia	Safety Planning	Advocacy, Agencies, and Systemic Apathy