

# Seeking SAFETY

Seeking Safety is a skills group for people with a history of trauma and addiction. It focuses on healthy coping skills and useful problem solving.

Seeking Safety offers 25 topics, each representing safe coping skills relevant to trauma and substance abuse. Topics can be done in any order, so you can join the group at any time.

*"Although the world is full of suffering, it is full also of the overcoming of it."  
- Helen Keller*

**Every Tuesday beginning August 28th**

2:00pm - 3:00pm

**DNR Service Center**

810 W Maple St, Spooner, WI

**For More Information:**

**Embrace**

702 N Front St

Spooner, WI 54801

715.635.5245

[embracewi.org](http://embracewi.org)

