



**For Immediate Release**

**June 24, 2020**

**Survival Adult Abuse Center Announces New Support Group Schedule**

**Warrensburg, MO** — Survival Adult Abuse Center, Inc. (Survival House) is proud to announce the return of their free community support groups which will resume Monday, July 13, 2020. All Survival House groups take place at Survival's Outreach Center on 137 E Culton St, Warrensburg, MO 64093. Survival Outreach Offices are located above the Food Pantry.

Survival House offers a variety of free peer support groups for survivors, victims, and parents to share their experience, strength, and hope with each other in a supportive environment. All groups are based on healing, building on strengths, exploring feelings, options, and problem-solving skills. Each peer support group will last for 45 minutes.

**Family and Parenting each Monday at 4:00 pm** Topics include: parenting styles, behavior modification, sibling bonds, power struggles, boundaries, milestones, safety, and discipline.

**Surviving Clean & Dry every Tuesday at 4:00 pm** centered at the intersection of trauma and substance use. Group topics include alternatives to using, relational strains trauma and using can cause, and the role that boundaries and self-esteem can have on recovery and prevention.

**Domestic & Sexual Violence Survivor Support each Wednesday at 4:00 pm** Topics include: Domestic and sexual violence, empowerment, safety, warning signs, healthy relationships, boundaries, choices, and self-esteem.

**Living Independently Last Wednesday of the Month at 4:00 pm**  
Know your rights and responsibilities as a renter and be ready for independent living.

**LGBTQ+ Support each Thursday at 4:00 pm** Survival House is queering group dynamics to get and give support as an LGBTQ+ individual. Topics may include identity, coming out, family, social issues, work experiences, relationships, parenting, sexuality, violence or fears, and more.

Additional details are available on the Survival House website and Facebook page.

For more information please contact Survival's Executive Director, April Roller at 660-429-1088 or via email at [april@survivalhouse.org](mailto:april@survivalhouse.org).