



EMPOWERMENT IN SEEKING SAFETY

Empowerment in Seeking Safety is an LGBTQ+ group that aims to tackle substance use, trauma, healthy relationships, or mental health alongside the added stigma of the queer community.

7585 W 66th Ave, Suite C
Arvada, CO 80003

Thursdays 5-7pm



Specifically designed for anyone that identifies as lesbian, gay, bisexual/asexual, transgender, non-binary, or a queer/questioning person.

Special consideration focused on the added stigma that queer people face on top of the stigma of addiction and mental health concerns.

This group will be appropriate to satisfy Level II therapy requirements for DBT, Cognitive Restructuring and Relapse Prevention.

What is Seeking Safety?

Seeking Safety is an evidence-based treatment with a present-focused counseling model that is meant as a haven for anyone who wishes to attain safety from trauma and/or Substance Abuse and directly address both trauma and addiction. This model uses 5 key principles for treatment: Safety; Integrated treatment; A focus on ideals to counter the loss of ideals in both trauma and substance abuse; Aimed at content areas: cognitive, behavioral, interpersonal, and case management; Attention to clinician processes. The more sessions attended, the better!



Empowerment is Medicaid eligible, and grant funding is possible for eligible clients.

Please contact **Keegan** at **(303) 467-2624 x234** or email

Empowerment@CreativeTreatmentOptions.com with any questions.