

H.O.P.E.



Counseling Services
H.O.P.E.
Healing, Overcoming,
Preventing, Empowering

Support Groups



Non-Offending Parent Groups

This ten week group will meet weekly and provide Psycho-Education for parents of children who have been sexually abused. Learn effective ways to support your child without blaming or shaming.



Adult Anger Control Parent Groups

This ten week group will meet weekly and provide Psycho-Education to parents charged with physical child abuse and or neglect. Learn effective parenting strategies promoting balance and regulation of emotions without harming your child.



Survivors of Sexual Abuse Support Groups

H.O.P.E. offers support groups for adults, children, and adolescents that have been victims of sexual abuse.



Parent Support Groups

Monthly parenting workshops on effective parenting strategies designed to promote healthy relationships between parent and child.

Dialectical Skills Training Group

H.O.P.E. provides dialectical skills training groups coupled with dialectical behavioral therapy. Learn how to use mindfulness, distress tolerance skills, interpersonal effectiveness, and emotional regulation.



Registration to participate in groups is required.

Please contact our office for an assessment. We accept a variety of health insurance plans, offer a Sliding Fee Scale, Pro-Bono and EAP.