



ZACHARIAS CENTER GROUPS

Throughout the year, ZCenter offers a variety of support groups for survivors and their loved ones. Each group offered at ZCenter is adapted to meet the need of the client. Therefore, all groups can be adapted for all ages, gender, and can be offered in Spanish. The following is a list of groups that have been offered in the past.

If you are interested in being part of a group please contact the center (847-244-1187) to complete an intake, and a group screening, prior to participation.

Adult Survivors Support Group

- This group offers support to survivors, who have had some level of counseling in the past an opportunity to explore and process the impact of their past sexual trauma. Also, it provides ongoing way to obtain support for those survivors looking to maintain their progress.

Psychoeducational Group

- This group for survivors offers an opportunity to explore different topics each week related to sexual trauma. It provides education about trauma, an opportunity to process those individual experiences and provides space for skill building.

Healing Through Art Group

- This group for survivors utilizes art as a medium to explore and process the emotional impact of their past sexual trauma. Group topics include coping skills, self-image, relationships, boundaries, worldview, feelings, losses and resilience.

Sex Positive Group

- This group for survivors offers a safe space to explore healthy sexuality. Group topics include gender, sexuality, sexual health, relationships, and enthusiastic consent.

Teen Support Groups

- This group for teen survivors incorporates art and explores healthy coping skills to manage anger, fear, guilt and decreased self-esteem related to their sexual abuse.

Teen Self-Esteem Art Therapy Group

- This group for teen survivors utilizes art to increase self-awareness, self-confidence, self-esteem, and self-care. The group addresses difficulties with anxiety, self-image, depression, self-confidence, and how to properly implement self-care into their lives.



Children's Expressive Arts Group

- This group for young survivors utilizes movement, dance, relaxation techniques and art-making to explore thoughts and feelings associated with their past sexual abuse. Group topics include safe/unsafe touch, boundaries and identifying feelings & sensations.

Art of Self-Nurture Group

- This survivor/significant-other group utilizes mindfulness, movement and body awareness activities to explore self-nurture needs and skills. Group topics include need fulfillment, boundaries, and guilt/shame.

Mindfulness Group

- This group for survivors/significant others is aimed at teaching and practicing mindfulness meditation and body awareness skills such as deep breathing, focused attention, and non-judgment. Guided and non-guided meditations are shaped based upon the needs of the group members.

Introduction to Expressive Coping Skills Group

- This survivors/significant others group provides a safe space to learn about, experience, and process expressive arts-based coping skills including mindfulness techniques, therapeutic art-making, therapeutic movement and exercise, and therapeutic recreation and play.

Informational and Skills-Building Group for Parents and Caregivers

- This is a psychoeducational group, which helps caregivers better understand trauma responses, how trauma impacts the body, how triggers work, how to work on building their window of tolerance, the psychology of regulation, and ways they can attend to their loved ones by attending to their own needs first.