

Seeking Safety

Skill Building Course for Women Living with HIV

Would you like to be able to deal with strong emotions, feel safer in your body and learn effective skills to cope and manage moments when triggers or feelings are strong?



Sign up
or request more
information here

 (800)400-7432

In Seeking Safety you can:

- Learn skills to live in the present moment
- Improve your self-care and wellbeing
- Learn safe ways to cope with strong emotions and hard situations

You are welcome to join a group or request individual sessions!

Sessions are offered in English and Spanish

We offer virtual and in-person sessions.

Free and Confidential | Flexible Schedules



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