



Sanar Institute  
Reclaim Your Life After Trauma



Identify and normalize trauma responses



Empower Coping Skills and Internal Capacity



Build a Sense of Belonging & Common Humanity



# Survivors of Domestic Violence Group

The Essex County Family Justice Center (ECFJC) in partnership with The Sanar Institute would like to welcome women impacted by domestic violence to our free psychoeducation group led by Sanar's resiliency specialists. Through a group setting, we hope to empower healthy skill-building and emotional regulation. We will collectively connect through discussion on trauma psychoeducation and wellness tools.

New group participants are required to complete The Essex County Family Justice Center intake process and pre-register via Google Form.

For group registration, please contact  
The Essex County Family Justice Center:  
(973) 230-7229

Group sessions will be hosted on Zoom bi-weekly on Thursdays from 1 PM - 2 PM

## Scheduled group dates

- 09/08/2022
- 09/22/2022
- 10/06/2022
- 10/20/2022
- 11/03/2022
- 11/17/2022
- 12/01/2022
- 12/15/2022

