VIRTUAL SUPPORT GROUPS

SAFE, FREE, LIFE-CHANGING SUPPORT FOR ABUSE AND TRAUMA SURVIVORS

YOUR SUPPORT GROUP INCLUDES

13 WEEKS

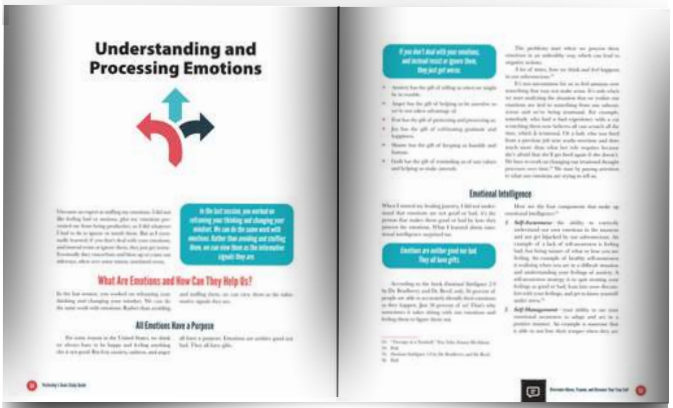
of guided sessions with trained facilitators (19.5 hours total)

13 VIDEOS

Engaging, easy-to-follow content on topics like shame, identity, emotions, and boundaries

EXERCISES

that help you apply the concepts you learn to your daily life



Yesterday's Gone Study Guide

13 Short Videos

This support group material is endorsed by three mental health professionals who believe pairing a support group with counseling accelerates the healing process.

Healing Together

Some of the benefits of healing in a group are:

- Realizing you are not alone: others share similar struggles.
- Receiving and offering support within a compassionate community.
- Having a safe space to express yourself and be heard.

2027 GROUPS

REMOTE SUPPORT GROUP SCHEDULE

Every group meets Mondays, 6:30–8:00 PM

WINTER/SPRING	SUMMER	FALL
Group 1 Jan 25 – Apr 19, 2027	**Group 3** May 10 – Aug 16, 2027	**Group 5** Aug 23 – Nov 29, 2027
Group 2 Feb 1 – Apr 26, 2027	**Group 4** May 17 – Aug 23, 2027	**Group 6** Aug 30 – Dec 6, 2027

Visit our website or contact us to stay informed about future sessions and resources.

WHO WE ARE

BEYOND OUR SUPPORT GROUPS

Yesterday's Gone believes that no woman should have to go back to an abusive situation. Our program assists women who have suffered abuse or trauma by offering housing, life coach services, and access to local resources. Yesterday's Gone guides them on a healing journey towards self-sustainability. Our Vision is to live in a world where no woman has to go back to an abusive situation.

SCAN TO VISIT

HAVE ANY QUESTIONS?

Contact Cassie Schultz
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