

Counseling & Psychological Services

Empowerment Support Group for Survivors



In-Person Support Group

Wednesday 10:30-11:50 AM

Facilitator: Arlinda D. Wilson (She/Her/ella)

This group is for survivors of intimate partner violence, sexual assault, stalking, and child abuse. Receive support, take part in healing activities, and increase your coping skills. Together we will explore empowerment and focus on learning self-compassion throughout the healing journey.

Complete an informal intake to join the group.

Contact Arlinda at arlinda.wilson@csusb.edu or (909) 537-5959 to schedule.

If you are in need of a disability-related accommodation to participate, please contact Counseling and Psychological Services three working days in advance at (909) 537-5040 or psychcounseling@csusb.edu

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