

Healing Together: A Support Group for Women

Contact MESA: advocacy@movingtoendsexualassault.org

About the Group:

This ten-week support group is designed specifically for women who have experienced sexual assault as adults. While every survivor's experience is unique, this program focuses on the common threads that connect us, offering a safe space for meaningful discussion and self-reflection.

During the program, participants will:

- Explore themes like self-talk, communication with family, friends, and intimate partners.
- Examine dialectical tensions, cognitive distortions, and areas where healing feels "stuck."
- Engage in expressive arts and writing exercises to support emotional processing and growth.
- Reflect on their healing journeys and build resilience through shared experiences.

This group is a collaborative and transformative space where survivors can connect, learn, and support one another in navigating their individual paths toward healing.

Registration Process

For more information or to register for a required phone screening, please email us at advocacy@movingtoendsexualassault.org

For Questions or additional details, feel free to call us at **303-443-0400** or visit our website using the QR code below.



Participants

Women, 18 years and older, who have experienced sexual assault as adults.

Dates & Time

Groups are held on a rolling basis throughout 2026. Contact MESA for the most up-to-date schedule and enrollment details.

Location

In-person in Lafayette, CO

- *The exact location will be provided after participants complete the screening and secure their place in the group.*
- In case of inclement weather, the group will shift to a virtual format.

Facilitators

- Dana Rae Vaughn, Ph.D., MESA Program Services Manager
- Diane Derden, MBA, PRN MESA Staff & Hotline Volunteer

About the Program

This support group is run by MESA (Moving to End Sexual Assault), Boulder County's Sexual Violence Resource Center. While MESA serves Boulder County, **this group is free and open to anyone in the Denver metro area, Boulder, and surrounding areas.** Participants must be able to reliably attend weekly in-person sessions at our Lafayette location.

