



FREE VIRTUAL SUPPORT GROUP

ADULT SURVIVORS OF SEXUAL ASSAULT

STARTING IN JANUARY 2026

Guided by counsleors, you can connect with other survivors, feel less alone, and learn more about healing from trauma.



Confidential and provided with HIPAA-compliant technology



Open to ages 18+; all genders welcome



Interpreter services available at no cost.



Scheduled to meet 6 PM to 7:30 PM on January 13, 20, and 27, and February 3, 10, and 17

TO ENROLL



Call 888-521-0983 to speak with our 24/7 helpline, scan the QR code or visit victimservicescenter.org/groups. Due to professional practice rules, this group is only open to people in Pennsylvania.

CONTACT INFORMATION

Erin Milbourne, LCSW, TF-CBT, EMDR, C-TPYG
Direct Services Supervisor
Victim Services Center of Montgomery County

(Office) 610-277-0932 ext 226
erin-milbourne@vscmontcopa.org
victimservicescenter.org