

# SOAR

*Survivors Overcoming Assault with Resiliency*

**Free**

**Fleet & Family Support Center**

**Call to register and for dates and times**

**Open to active duty, family members  
and retirees if space available**

SOAR stands for Survivors Overcoming Assault with Resiliency. It is a 10-week, psycho-educational support group that aims to assist survivors of sexual abuse and violence. SOAR is an educational, rather than processing, group. It is trauma-informed, strength-based and provides a safe environment to begin the healing process. SOAR strives to enhance resilience through the teaching of skills, such as coping, communication, regaining trust, strengthening intimate relationships and personal empowerment. SOAR has been developed for women, 18 and older, and is held once a week for two hours. Please contact us for more information.



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