



UNITED INDIANS  
OF ALL TRIBES FOUNDATION



## Women's Talking Circle & Support Group

**Who:**

- ▶▶ Adult Women 18+
- ▶▶ Who have experienced sexual assault or abuse trauma victimization

**What:** On-going weekly talking circle and support group

Topics include (but not limited to):

- ▶▶ Personal Stories
- ▶▶ Healing historical trauma
- ▶▶ Active Listening
- ▶▶ Medicine Wheel
- ▶▶ Personal Safety
- ▶▶ Skills for Safe Care & Self-Love

**Where:** United Indians, Youth & Family Services  
3712 S. Ferdinand St.  
Seattle, WA 98118  
(Metro Routes #7 and #9 stop nearest our building)

**When:** Monday's 5:15-6:30 pm  
Call 206-723-2825 ex. 29

No Charge for Groups