

LEAN ON ME:



Hope. Healing. Action!

A GROUP FOR HEALING AND CONNECTION

Connecting with others who share similar experiences can be a meaningful part of the healing journey after sexual assault.

You are not alone. You can lean on others for help. The support is available.

Day One invites adult survivors of sexual assault to participate in an 8 week in-person support group. This group offers a safe and nurturing environment where participants can connect, share at their own pace, and build strength alongside others who understand. Licensed clinicians will facilitate the group and provide professional guidance and support throughout the process..

Where: Day One (100 Medway Street, Providence, RI 02906)

When: Wednesdays from 5:30PM-7PM (starting May 2026)

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