

## PHYSICAL, EMOTIONAL & SEXUAL ABUSE GROUPS

This list of physical, emotional and sexual abuse self-help groups in and around Champaign County is prepared by the staff and volunteers of the Self-Help Center of Family Service. If you don't find the group you are looking for, or if you want to start a group, please contact the Self-Help Center at 352-0099 or by e-mail at [lliss@familyservicecc.org](mailto:lliss@familyservicecc.org).

The following is a key to the coded information that appears before group descriptions: 1. Year group was formed 2. A=Affiliated with a state, national or international group; F=Freestanding group 3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

*Inclusion in this list does not constitute an endorsement or evaluation.*

### Domestic Violence

#### Champaign County

**Spanish Recovery Support Group - Grupo de Apoyo y recuperación** (2008 F,L) Spanish 12-step support groups for men and women seeking help from hurt, habits, abuse and hang ups. Child care available. Hablamos español. Este grupo es para hombre y mujeres que buscan ayuda a superar heridas, malos hábitos de alcohol, drogas, abusos, y complejos. La meta es vivir humildemente, un día a la vez, tomando decisiones sanas y sabias. Hombre y mujeres. Guarderia disponible. Meets: Tuesdays/Martes 7:00 - 8:30 p.m., Stone Creek Church Cafe, 2502 S. Race St., Urbana. **Call:** /llame: Nelson Cuevas, counselor/consejero (217) 369-9155 **E-mail:** [cultivadores@stonecreekwired.com](mailto:cultivadores@stonecreekwired.com) **Website:** [stonecreekwired.com](http://stonecreekwired.com) **Write:** Nelson Cuevas, El Centro Café (at Stone Creek), 2502 S. Race St., Urbana, IL 61801

**Women's Support Group** (1991 F,P) This group is sponsored by the Women's Resources Center. It is open to University of Illinois women, ages 18 to 25, who have been recent victims of sexual assault or dating abuse. Discussions focus on the issues of fear, shame, trust, disclosure, relationships, options, and resources. The primary purpose is to expand peer and community support and to increase individual skills in recovery. Call for meeting time and location. **Call:** Pat Morey or Molly McLay (217) 333-3137 **E-mail:** [pmorey@illinois.edu](mailto:pmorey@illinois.edu) **or:** [womenscenter@illinois.edu](mailto:womenscenter@illinois.edu) **Website:** [oiir.illinois.edu/womens-center](http://oiir.illinois.edu/womens-center) **Write:** Pat Morey, Women's Resources Center, 703 S. Wright St., 2nd fl., Champaign, IL 61820

#### Macon

**Dove Domestic Violence Women's Support Group** (1986 F,P/L) This group offers support, safety, and self-help to women who are currently with their abuser or who have left them. Child care is provided. Meets Tues., 6:30-8:00 p.m., 302 S. Union St., Decatur. **Call:** Terri Ducey, Decatur Crisis Hotline (217) 423-2238 **E-mail:** [tducey@doveinc.org](mailto:tducey@doveinc.org) **Website:** [doveinc.org](http://doveinc.org)

#### McLean

**Butterfly Project, The** (2012 A,P) This group is for women and their children who have experienced, or are currently involved in, domestic violence. Meets Thurs., 5:30-7:00 p.m., Healthy Start House, Bloomington. **Call:** Jenn Rients (309) 834-5266 **E-mail:** [jrients@childrenshomeandaid.org](mailto:jrients@childrenshomeandaid.org) **or:** [jhigdon@childrenshomeandaid.org](mailto:jhigdon@childrenshomeandaid.org) **Website:** [childrenshomeandaid.org](http://childrenshomeandaid.org) **Write:** Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

**Dads Helping Dads** (2004 A,P/L) This group is for any father wanting to grow in his parenting role. It provides an opportunity to meet other dedicated fathers in a confidential and understanding atmosphere. The group discusses various helpful topics, issues, solutions, and resources. Free food and beverages are available at meetings. Free child care is available by reservation. Meets Mon., 5:30-7:00 p.m., Early Learning Center Conference Rm., Bloomington. **Call:** Henry Alexander (309) 662-9453 or Jenn Rients (309) 834-5266 **E-mail:** [jrients@childrenshomeandaid.org](mailto:jrients@childrenshomeandaid.org) **Website:** [childrenshomeandaid.org](http://childrenshomeandaid.org) **Write:** Henry Alexander and Jenn Rients, Children's Home + Aid, 403 S. State St., Bloomington, IL 61701

**Latina Women's Group** (2003 A,P/L) This group is a supportive environment for mothers and their children. A children's program runs while mothers meet. The group is held in Spanish. Este es un grupo de apoyo para las madres y sus niños. Hay un programa y cuidado para los niños durante el reuñon de las madres. El grupo se conduce en español. El grupo se reune todos los viernes a las 6:30-9:00 de la noche. Meets Fri., 6:30-8:00 p.m., Western Avenue Community Center, 600 N. Western, Bloomington. **Call:** Llame: Liz Acevedo-Alstum (309) 262-6608 or (309) 829-4807 **E-mail:** aceals2002@yahoo.com **Write:** Liz Acevedo-Alstum, 809 N. School St., Normal, IL 61761

## Sexual Abuse / Incest / Rape

### Champaign County

**Adult Survivors with Disabilities** (2015 F,P) This group is for women over 18 who have disabilities and who are survivors of sexual abuse or sexual assault. It is an eight-week closed support group. Begins Weds., March 25, 2015, 3:00 p.m. Call Stephanie by March 18 at (217) 344-6298 for more information or to schedule an intake interview. **Call:** (217) 344-6298 **Website:** cu-races.org **Write:** Rape Advocacy, Counseling, and Education Services, 145A Lincoln Square, Urbana, Illinois 61801

**Art-Based Survivor Support Group** (2013 F,P) This closed 10-week support group is for women 18 or older who are survivors of sexual abuse or sexual assault. The group uses art-based interventions to process feelings and heal from trauma. This group runs every summer. Contact Erin Sturm to find out about meeting times and to schedule an intake interview. **Call:** Erin Sturm (217) 344-6298 **E-mail:** sturm@cu-races.org **Website:** cu-races.org **Write:** RACES, 145A Lincoln Square, 300 S. Broadway, Urbana, IL 61801

**Support Group for Teen Survivors of Sexual Assault or Sexual Abuse** (2014 F,P) This is a closed eight-week psychoeducational support group for female survivors of sexual assault or sexual abuse. Participants must be in the 8th to 12th grade. **Call:** Rachel Reardon, Rape Advocacy, Counseling, and Education Services, at (217) 344-6298 **E-mail:** reardon@cu-races.org **Website:** cu-races.org **Write:** RACES, 145A Lincoln Square, 300 S. Broadway, Urbana, IL 61801

**Teen Survivor Support Group** (2015 F,P) This group is for young women who have experienced sexual abuse or sexual assault. It is an eight-week closed support group. Participants must be in the 8th to 12th grades. Begins Thurs., March 12, 2015, 4:00 p.m. Call Rachel by March 5 at (217) 344-6298 for more information or to schedule an intake interview. **Call:** (217) 344-6298 **Website:** cu-races.org **Write:** Rape Advocacy, Counseling, and Education Services, 145A Lincoln Square, Urbana, Illinois 61801

**Women's Support Group** (1991 F,P) This group is sponsored by the Women's Resources Center. It is open to University of Illinois women, ages 18 to 25, who have been recent victims of sexual assault or dating abuse. Discussions focus on the issues of fear, shame, trust, disclosure, relationships, options, and resources. The primary purpose is to expand peer and community support and to increase individual skills in recovery. Call for meeting time and location. **Call:** Pat Morey or Molly McLay (217) 333-3137 **E-mail:** pmorey@illinois.edu **or:** womenscenter@illinois.edu **Website:** oirr.illinois.edu/womens-center **Write:** Pat Morey, Women's Resources Center, 703 S. Wright St., 2nd fl., Champaign, IL 61820

*For a complete listing of area support groups, visit the Self-Help Center website at  
selfhelp.famservcc.org*