

Current Programs and Classes



Circle of Hope. This is a support group for non-offending parents and caregivers of children who have been sexually abused. Provides psychoeducation on how to support the healing of their child and peer support for processing the ways sexual trauma impacts the whole family.

Concentric Circles Conversations. In partnership with Healing Courage, this is a 12-part web-based discussion series, creating space for survivors of intimate harm to discuss their experiences with healing and justice, share survival wisdom with each other, and invite their own friends, family, allies and community to bear witness and engage in the discussion.

Connections. Connections is based on the curriculum created by Brene Brown. This is a psycho-educational group that focuses on how to understand our shame and move towards empathy and connection.

Community Based Relationship Skills Class. Explores the skills we need to have the relationships we want to create. Topics include: anti-oppression, values, self-accountability, boundaries, conflict, and strengthening community networks. Uses NW Network of Bi, Trans, Lesbian and Gay Survivors of Abuse Curriculum.

Financial Planning Class

This class offers information and skill building in: effective and simple budgeting; establishing good banking practices; identity theft protection; managing credit and debt; understanding a credit score; and safe online and social media habits.

Changing Patterns Class. A 10-week skill building group designed to help women understand patterns in their lives, recognize their power and choices, and learn techniques for achieving goals. Provides coping strategies and communication skills so important to sustaining positive self-esteem and self-fulfillment in children whose family paths diverge.

Recovery Circles. Recovery Café is all about building peer support to sustain whatever recovery you've worked so hard to achieve. To do this we have small groups called Recovery Circles so we can get to know ourselves and others at a deeper level. To join a Recovery Circle please contact Brian Richardson 360-821-1985 or brianr@dovehousejc.org.

Sexual Assault Survivor Support Group. This is a 10-week group for adults who are currently healing from the trauma of sexual violence. The purpose of this group is to create a space in which survivors of sexual violence can come together and support one another's healing journey.

School Based Healthy Relationship Skills Class. This is a dating violence and sexual assault prevention course including red flags of abuse, how to help a friend, healthy communication, gender stereotypes and more. Dove House teaches the FLASH and Safe Dates curriculums to all 9th grade students at Port Townsend, Chimacum and Quilcene High Schools.

Children In Between Class. An educational class for parents facing changing families. Provides communication Coping strategies and communication skills so important for sustaining positive self-esteem and self-fulfillment in children whose family paths diverge.

***For more information about classes/groups and current scheduling
please call Dove House at 360-385-5292***