



**FAMILY
SUPPORT
SERVICES
OF AMARILLO**

ADVOCACY SUPPORT GROUPS



Life After Trauma

THURSDAYS 5:00PM - 6:30PM

A safe space for survivors to learn, listen, and grow.

Held in person at FSS office

Domestic Violence Support Group

TUESDAYS 6:00PM - 7:00PM

A place for survivors to get support, validation, and resources.

Held virtually



Grupo de Apoyo a la Violencia Domestica

MIÉRCOLES 5:30PM - 7:00PM



Un lugar para compartir, escuchar, aprender, y crecer.

El grupo se une en persona

Trauma Informed Yoga

MONDAYS 5:30PM

A relaxing and gentle class created to heal and empower. No yoga experience is required.

Held in person at FSS office



Call FSS Support Group Line at (806) 342-2599 for more information and to get connected to services.

Para mas información, favor de llamar a la línea del Grupo de Apoyo al (806) 342-2599



United Way
of Amarillo & Canyon