At The Healing Center, we believe that survivors have the right to heal in their own way, in their own time. We are honored to be a part of the journey.

The Healing Center’s mission is to offer sexual abuse and assault survivors and their loved ones opportunities for healing through support, advocacy and community education. The Healing Center is committed to providing free and holistic services, a knowledgeable and caring staff, and a respectful environment that honors confidentiality and privacy.

New & Exciting!

Register for Hope Shining Blue!

Check out our Amazon wish list!

The Healing Center serves more than 700 male and female survivors of sexual violence each year, and provides free healing items such as journals, books, and art supplies. By purchasing off our wish list, YOU can help ensure that clients receive these necessary items for hope and healing.

Click HERE to access our Amazon wish list.

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130 W. Bruce St., 4th Floor, Milwaukee, WI 53204

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Our Staff

Maryann Ciesceri, Executive Director

This work is so important to me because of the many women and men that have experienced sexual trauma and feel so alone and isolated. I think that most people in our community have no idea how prevalent sexual violence is in our city and nation. I believe The Healing Center provides a special healing place for survivors to heal and grow. We listen to what survivors say they need from us and try to provide it for them.

Stacy Andraski, Office Support Lead

It's a joy working here at The Healing Center, especially to know there is a safe place for a victim of sexual trauma to go to for support from such a loving and caring staff. A meaningful part for me is seeing survivors grow stronger in their healing journey.

Tricia Damm, Sexual Assault Counselor

I value working with survivors of sexual trauma because I feel sexual violence is an epidemic within our society. Such acts are never the survivor’s fault and consequently survivors suffer a great aftermath for someone else’s inhumane behavior. I enjoy, very much, working with survivors because they all deserve to heal survivors of sexual trauma encompass much resiliency and strength that I respect and commend them for. It takes much courage for survivors to do the healing work and it’s humbling to part of that process.

Muneebah Abdullah, Sexual Assault Counselor

Working as a sexual assault counselor at The Healing Center, I am honored to work with our survivors, I cannot imagine a population with which I would rather work. I admire survivors for their courage to walk through The Healing Center’s door, to seek assistance, and to share their life. I promise to continue to strive to do my best to understand our clients in their own terms, and to provide compassion and empathy for them in all that we do.
Contact Us

Having trouble finding what you are looking for or have more questions? Let us know. We try to respond to all messages within 24-48 business hours.

The Healing Center
130 W. Bruce St., 4th Floor
Milwaukee, WI 53204

Our Hours:
Monday- 9:00 a.m.-6:00 p.m.,
Tuesday- 9:00 a.m.- 1:00 p.m., 3:00 - 6:00 p.m.,
Wednesday-Thursday- 9:00 a.m.-6:00 p.m.,
Friday- 9:00 a.m.-12:00 p.m.

Call: (414) 671-HEAL (4325)
Fax: (414) 671-6836

Send a question or comment to The Healing Center

We try to get back to you within 24-48 business hours. We cannot provide diagnosis or treatment, but we can help with questions about our services, facilities, providers and the web site. Although all messages are confidential, we are mandated reporters and will notify police if we feel you intend to hurt yourself or someone else.

Name: __________________________
Address: _______________________{
City: ____________________________
State: __________________________
Zip code: _______________________}
Phone: ________________________{1
Email: __________________________
Your message: __________________________

http://www.thehealingcenter.org/contact-us.aspx
3/26/2015
Our services

*Our services recently changed. Feel free to read these attachments about how we have updated!*

The Healing Center's new model

The Healing Center's services are confidential and provided at no cost to clients. All groups and support sessions are facilitated by people who are experienced with the issue of sexual abuse. If we are unable to meet your needs, we connect you with therapists in the community who specialize in sexual abuse and assault.

The Healing Center staff is committed to removing any barriers that would keep people from attending. Feel free to inquire about transportation and child services if needed.

To get started on your healing journey, call The Healing Center to schedule an intake appointment. 414.671.4325

What is a closed group?

The Healing Center's closed groups run in 14-16 week cycles (with exception of The Creative Healing Series) and once started, close to new participants. Weekly attendance is strongly encouraged.

All services are confidential and provided at no cost to clients. An “intake” session is required before participation in services.

Women's Support Groups:

- Survivors Toward Recovery Group – our newcomer’s group
  (runs in cycles of 8 weeks; for building coping skills prior to trauma processing)
- Adult Women Molested as Children
  (runs in cycles of 15 weeks)
- Adult Rape/SA Support Group
  (runs in cycles of 12 weeks)
- Sexual Wholeness Group
  (runs in cycles of 12 weeks; for reclaiming intimacy and sexuality)
- Support for Spanish-Speaking Survivors
  (currently accepting referrals; meets twice a month)
- Creative Healing Series
  (runs in cycles of 8 weeks; art and writing group with a healing theme)

Men's Support Groups:

- Men's Survivors Toward Recovery Group – our newcomer’s group
  (runs in cycles of 8 weeks; for building coping skills prior to trauma processing)
- Male Survivors of Sexual Abuse/Assault
  (runs in cycles; currently accepting referrals)
Individual supportive counseling

For women and men who are working on sexual assault, sexual abuse and/or stalking issues. Criteria for this service are as follows:
- Client is uninsured, underinsured or has no resources to pay a therapist in the community
- Client does not have major mental health or AODA (alcohol/drug) issues that require treatment or therapy

Individual Advocacy and Support

For survivors who want to be accompanied to court, the police, or a doctor's appointment, want to talk one-on-one, or want help beginning their healing journey.

Body and Energy Work & Movement Classes

The Healing Center offers an array of natural therapies in collaboration with Core el Centro, a holistic healing center located in the same building. Listed below are just some of the services offered:
- Massage
- Reiki
- Acupuncture
- Yoga
- Pilates
- Nia

Survivors and Allies Seminars

These seminars provide allies with information on what sexual assault is, how to talk to and support a survivor, and how to deal with their feelings as an ally.

Topic Nights

Topic Nights are on certain Wednesdays. CHECK FOR THE DATES LISTED. Times are 5:30-7:30 unless otherwise stated. PLEASE CALL AND REGISTER FOR TOPIC NIGHTS BY THAT MONDAY. If we don't have at least 8 people registered by the day before, the Topic Night will be cancelled. CLASS SIZE IS LIMITED TO 24. If you are not registered, you are not guaranteed a seat.

Jan 28
5:30 – 7:30pm
Self-defeating Patterns and Self-talk

As survivors of sexual abuse, we often internalize self-defeating statements, patterns of behavior, and ways of feeling. We'll learn about how these internalized parts of the abuse experience play out in our current life and how to use this knowledge to create positive change in the healing process. Tricia facilitates this presentation/discussion for survivors, loved ones, and community providers from the general public to learn more.

Feb 11
5:30 – 7:30pm
PTSD II ("complex PTSD")

Experiencing sexual trauma leads to a variety of emotional, physical, and mental aftereffects. When the abuse occurs repeatedly, or at a young age, or ongoing, the aftereffects can become tied in with our sense of self and the world. Come learn about complex PTSD and how to manage and heal the symptoms.

*Tricia facilitates this presentation/discussion for survivors, loved ones, and community providers from the general public to learn more.

March 11
5:00 – 8:00pm**

Mindfulness Workshop

We spend so much of our time focusing on the past and looking into the future. Join the discussion on mindfulness and learn to stay and accept the moment. Practical tools will be discussed and practiced in this 3 hour, interactive workshop.

*Tricia facilitates this presentation/discussion. Open to survivors only.
April 15
5:30 – 7:30pm
Healthy & Effective Communication

Communication is a key skill for boundaries, assertiveness, and getting our needs met! We'll talk about nonverbal and verbal communication, how certain behaviors are perceived, and how to convey the message you want to send. We'll also talk about key guidelines for healthy & effective communication.

*Open to survivors, loved ones, and community providers from the general public to learn more.

May 13
5:30 – 7:30pm
Letting Go of Shame and Self-Blame

Holding on to guilt and shame often blocks a survivor’s ability to fully heal from the experience of their sexual trauma. This discussion will focus on differentiating between guilt and shame, understanding how survivors come to know and accept their shame, and providing survivors with practical tools for letting go of their guilt and shame.

*Muneebah facilitates this presentation/discussion. Open to survivors only.

June 17
5:30 – 7:30pm
Creating Healthy Relationships

Sexual trauma survivors sometimes struggle with creating and maintaining healthy relationships (friendships & romantic relationships). We'll discuss characteristics of healthy and unhealthy relationships, and how to use heart, intuition, and mind to establish and maintain positive connections.

*Open to survivors, loved ones, and community providers from the general public to learn more.

August 12
5:30 – 7:30pm
Dealing with Anxiety & Fears

By your request! We'll examine the causes and symptoms of anxiety, fears, and phobias. We'll also explore helpful techniques and strategies to begin to face, manage, and reduce their power in our lives.

*Tricia facilitates this presentation/discussion for survivors, loved ones, and community providers from the general public to learn more.

Sept 16
5:30 – 7:30pm
Healing From Adult Sexual Assault

Come join us to explore how adult sexual assault changes how we see ourselves, others, and the world around us.

*Tricia facilitates this presentation/discussion for survivors, loved ones, and community providers from the general public to learn more.

Oct 21
5:30 – 7:30pm
Neurobiology of Trauma

Come learn about the scientific breakthroughs that have helped us to understand how sexual trauma affects our brains and the ways that survivors are finding to heal and manage these effects. Awareness of these issues can help us direct our healing process to the source.

*Mel facilitates this presentation/discussion for survivors, loved ones, and community providers from the general public to learn more.
Volunteer Opportunities

and lacks related to advocacy.

according to learn about techniques, resources

comprehensive programs, allowing all who

level students split their time between

and group therapy.

trainees managers; training therapists can

Training

regard issues surrounding sexual assault.

more.

and numerous classes.

us. We offer in many of healing opportunities,

Holistic Healing Services

open weekly drop-in

sexual misconduct

male survivors

from drugs and alcohol

survivors and caregivers

spatial-seeing survivors

rape and sexual assault

childhood sexual abuse

program ideas

If you have other service needs or

service for survivors and other

to offer sexual abuse

Our Mission

Our services are free and confidential
Our Commitment

We are here to listen and support survivors and their choices.

We provide survivors with information about their rights and options.

We provide a setting in which survivors can openly share and express themselves and not feel alone or isolated.

We offer broad supportive services, whether or not the survivor is engaged with legal, medical or criminal justice systems.

We help survivors create and sustain their healing path.

We offer local professionals and providers of sexual abuse services professional training and support.

You think you can avoid pain, but actually you can't. If you do, you just get sicker, or you feel more pain. But if you can speak it, if you can write it, if you can paint it, it is very healing.

— Alice Walker