

## Contact us

If you or someone you know is a survivor of torture seeking support, healing, and empowerment, we are here for you! We offer a caring hand and a compassionate heart as you begin this new chapter of your life. Together, we can work towards a brighter future.

## Contact Info

Phone: 612-436-4855

Email: [SPHCintake@cvt.org](mailto:SPHCintake@cvt.org)

Website: [www.cvt.org](http://www.cvt.org)

## Our Location



### Address:

649 Dayton Avenue  
St. Paul, MN 55104

Our in-person hours vary.  
It's best to call or email first.

## CVT - St. Paul Healing Center

The  
CENTER for  
VICTIMS of  
TORTURE





# Who are we?

At SPHC, we are a dedicated team of caring professionals who are here to support you. We understand the challenges that asylum seekers face in the United States. We are committed to serving our clients with respect and dignity to promote healing and resilience. We provide individual and group services from our location in St. Paul and online.



## Who we serve

At The St. Paul Healing Center, we provide services designed to support survivors of torture who have recently arrived in the United States. Many of our clients are living in exile or applying for asylum in the United States after being persecuted by their governments. Our clients are seeking information about social services in the United States and how to cope with stress and trauma. We serve anyone regardless of race, language, gender, age, religion, ethnicity or LGBTQ status. We are here to help you!

## Culture and Language

We provide culturally and linguistically appropriate services to our clients. Our staff speak many languages, including French, Somali, Oromo, Spanish, and Amharic. If we don't speak your language, we will find a professional interpreter to help us communicate. We will work with you to make sure that our services respect your culture.

## Survivors Connect

Our community programs are a great way to meet other survivors and learn about wellness and other topics. Our community programs include Survivor's Connect (a drop-in peer support group), and CVT United (a soccer club). Go to [www.cvt.org/community](http://www.cvt.org/community) for the most current schedule.

## Our services

### Psychotherapy

At our clinic, we have a team of caring therapists who understand the challenges that torture survivors and asylum seekers in the United States may face. Our therapists can assist you in dealing with issues like trouble sleeping, fear, everyday stress, and more. We're here to support you on your journey to feeling better and finding peace in your new home.

### Medical care

Our Registered Nurse can talk to you about your medical needs and help you find a doctor or clinic in your area. Our community health workers can help you learn about topics such as nutrition and exercise so that you can live a healthy life.

### Social Services

Adapting to a new society and culture can be challenging. Our caring and respectful case managers and community health workers are here to help you adjust to life in the United States. They can help you find resources for practical needs like English classes, job training programs, food, and transportation. By addressing these needs, we will empower you to build a foundation for a more secure and self-reliant future.