

Hope 24/7 - Sexual Assault Crisis Centre is inviting
Survivors to join our upcoming group for support and empowerment:



RESTORING RESILIENCE:

A GROUP FOR ADULT SURVIVORS OF HISTORICAL SEXUAL ABUSE

16 Weeks Group Therapy

- Every Thursday, February 12, 2015 - May 28, 2015, 6:00pm-7:30pm
- Fee-based closed group for adults (18+)
- Based on the *Trauma Recovery Group* (Herman et al., 2011), this 16-week goal-oriented group is focused on decreasing the impacts of past trauma on present life.

In order to register, **please call by January 29, 2015** to schedule an initial appointment: 905-792-0821

Space is limited - Register today!

This group is developed to meet the needs and challenges experienced by adult survivors of historical and/or childhood sexual abuse.

The group will offer:

- A chance to connect with survivors
- Understanding the effects of sexual trauma on our lives
- Setting and working on individualized goals to promote empowerment and healthy relationships
- Reclaiming ourselves: finding the meaning of trauma in our lives

Hope 24/7:

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Brampton, Ontario L6W0W3

Office: 905-792-0821
Crisis Line: 1-800-810-0180
Website: www.hope247.ca