

Survivors of Sexual Assault

S U P P O R T
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Group

Do you want to join a group that will...

- truly understand what you've been through
- provide a circle of support
- give you a chance to help others
- be committed to mutual, respectful encouragement
- share your grief and celebrate your joys

**Respect
Understanding
Healing**

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Sessions & Topics

The Journey Begins

Self Care

Triggers & Body Recall

Self-compassion

Vulnerability

Shame

Cultivating Authenticity

Grief & Loss

Fear & Anger

Boundaries & Trust Building

Intimacy & Sexuality

Closing