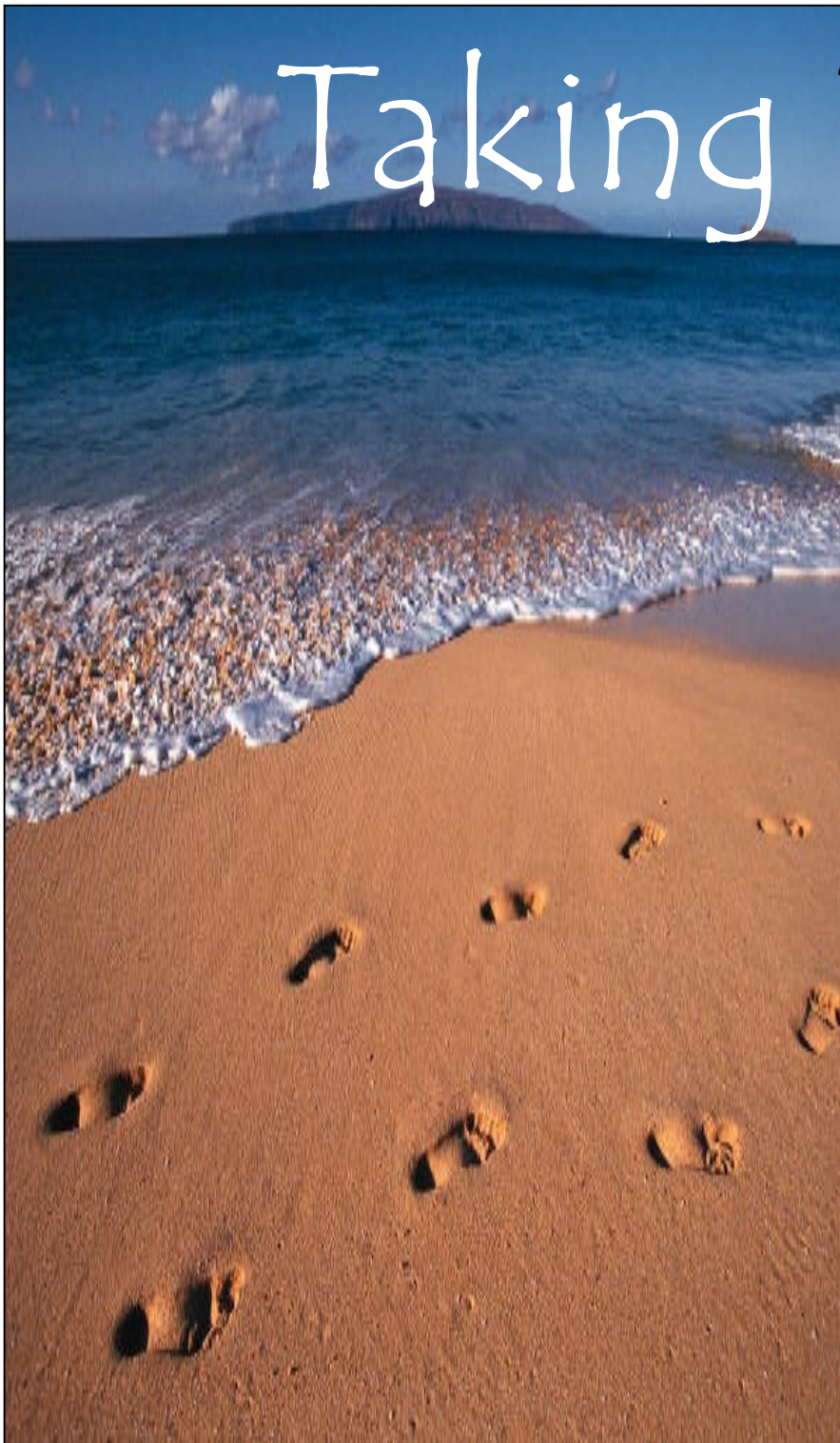


Taking The First Steps



“Taking The First Steps”

is a closed, structured group program designed specifically for female adult survivors of childhood sexual abuse.

The program -

- ♥ explores the core issues surrounding the abuse
- ♥ creates awareness
- ♥ provides information
- ♥ explores thoughts, behaviours and related feelings to the trauma of the sexual abuse in the past and how it influences participants’ lives today
- ♥ reduces isolation
- ♥ encourages healthy coping strategies

The 18-week program is presented as a 2-hour session one morning per week. The six participants are attended by a team of two qualified facilitators. A participant fee of \$250 includes all course materials.

Our Location:

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Providing Heartstrength
to Adult Survivors of
Childhood Sexual Abuse