

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 2 qualified facilitators. A participant fee includes all course materials.

Our Location:

*Heartfelt House
301 Lismore Rd
Wollongbar*

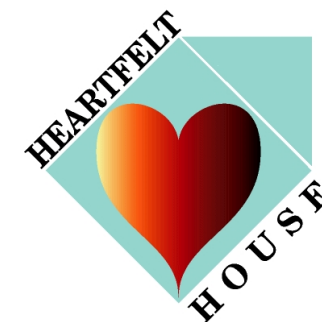
Contact us:

*Phone:
02 6628 8940*

Email: info@heartfelthouse.org.au

*Website:
www.heartfelthouse.org*

*PO Box 904
Alstonville NSW 2477*



Providing Heartstrength
to Adult Survivors of
Childhood Sexual Abuse