

# Taking The First Steps

## 'Taking the First Steps'

Is a therapeutic group program designed specifically for female adult survivors of childhood sexual abuse.

The program aims to:

- ♥ create awareness and explore the impacts of the abuse on participant's daily life
- ♥ reduce the sense of shame and guilt
- ♥ reduce isolation and increase connection
- ♥ increase sense of empowerment
- ♥ encourage healthy coping strategies
- ♥ provide information

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 \$360 (inc GST) includes all course materials and light morning tea.

### Our Location:

Heartfelt House  
301 Lismore Road  
Wollongbar

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Alstonville NSW 2477

### Contact us:

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Providing Heartstrength  
to Adult Survivors of  
Childhood Sexual Abuse

