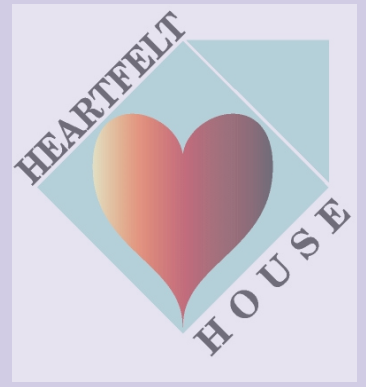


Pathways to Healing



An eight-week group program
for female survivors of childhood sexual abuse.

Together we will explore:

Knowing and making friends with our nervous system
Self-compassion and self-care
Neuroscience – connecting brain and body
Trust and boundaries
Connections and relationships

25th February - 29th April 2021

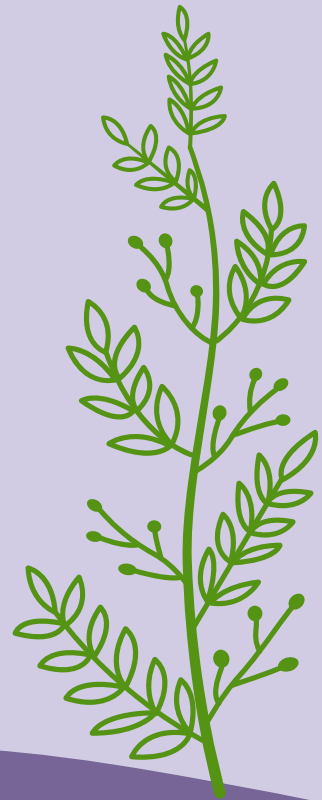
Thursdays 10 – 12.30pm

[2 week break over school holidays]

Cost: \$50-150 depending on what you are able to contribute
(payment arrangements available)

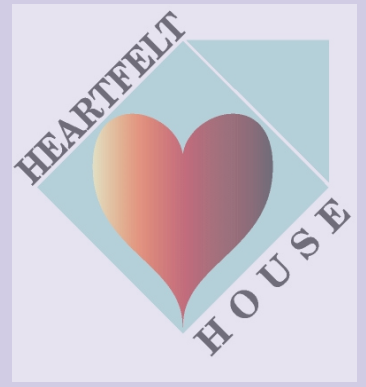
Facilitators - Beth Cronin and Natasha Kolas

Contact Beth at beth.cronin@norwacs.org.au or
text/phone on 0432889665.



Heartfelt house is a small specialist service providing group work programs to adult survivors of childhood sexual abuse. We are based on beautiful grounds allowing us to incorporate nature into our healing-centred approach.

Heartfelt House



Heartfelt House has been providing groups for adult survivors of childhood sexual abuse in the Northern Rivers for more than 15 years.

We offer groups and workshops throughout the year and are currently taking registrations for our eight-week group programs starting late February and May.

Contact Beth at beth.cronin@norwacs.org.au or text/phone on 0432889665 to find out more.

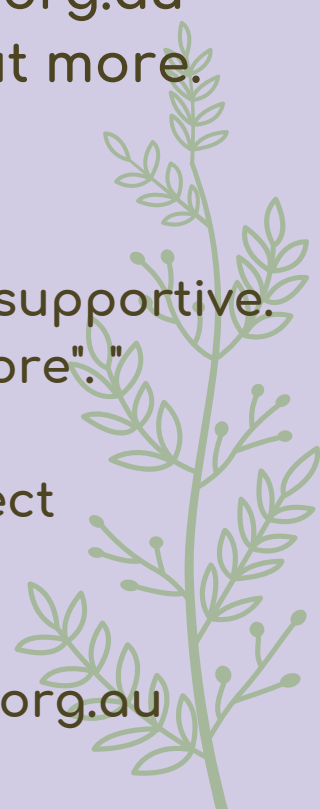
Last year's participants say:

"This group was so deeply nurturing, safe and supportive. Just the space needed to heal a little more". "

"Heartfelt House is a place to reconnect to yourself and others."



<https://www.facebook.com/heartfelthouse.org.au>



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