



TRAUMA 101

A **support group** for survivors of sexual abuse and rape.

This is a 12-week educational support group specifically designed for survivors of sexual abuse and rape. Previous trauma affects current coping, thoughts, feelings and behaviors. This group focuses on what trauma is, how it may be impacting your life, and how to cope. This group will offer support in regaining feelings of safety and personal empowerment. Each group session focuses on a different topic and provides members an opportunity to learn information as well as explore their own experiences in the company of peer survivors.

This support group is offered once a week from 10:00 - 11:30 a.m.

Start Date: TBA

Trauma 101

**You are not alone
and you can feel better!
Give us a call.**

To learn how to participate and for more information please contact:
Intake Department
216-619-6194 x 141

A pre-group interview is required for participation.