



SUPPORT GROUP FOR ADULT SURVIVORS OF CHILDHOOD TRAUMA

JANUARY 23, 2017

6:30PM-8PM EVERY MONDAY FOR 12 WEEKS

AT THE OFFICE OF CALL TO SAFETY
FORMERLY PORTLAND WOMEN'S CRISIS LINE

Join us for a support group for adult survivors of childhood sexual abuse and trauma. This is primarily an educational group, and the goal of the group is to give folks a foundation to heal. We will address topics such as coping skills, grounding techniques, the impact of trauma, learning to understand and respond to triggers, and building skills around emotional regulation, boundaries, and communication. This is a 12-week closed group, and will meet every Monday evening from 6:30pm to 8pm. We welcome people of all genders, ethnicities and abilities.

FOR MORE INFORMATION CONTACT: CALL TO SAFETY 503-235-5333