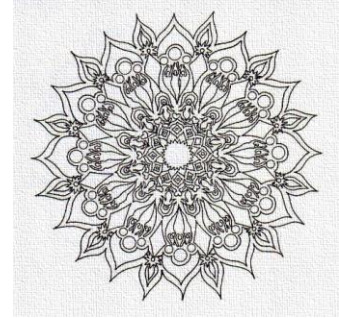


# Free Sexual Assault Support Groups



## Survivors of Childhood Trauma

Tuesday, September 12, 2017 6:30pm-8:30pm

Tuesday Nights for 12 Weeks

## Survivors of Adult Sexual Assault

Wednesday, September 6, 2017 6:30pm-8:30pm

Wednesday Nights for 10 Weeks

Join one of our support groups for survivors of sexual abuse. The goal of the groups is to give survivors 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. We welcome people of all genders, ethnicities and abilities.

For more information please contact:

**CALL TO SAFETY** (Formerly Portland Women's Crisis Line) **503 235-5333**