



VOICES OF EMPOWERMENT

Join us for an on-going weekly group dedicated to supporting survivors of sexual trauma.

No matter where you are in your healing journey, participants will be able to process trauma and explore how to heal in a **safe, supportive, and empowering environment.**

A qualified facilitator will work with participants on understanding their trauma, their feelings, and how to begin to heal through inviting conversations and a variety of activities to **promote self-reflection and understanding.**

Participants will learn exercises to assist with **copng and grounding** that can be utilized in their daily lives to support their healing.

SUPPORT GROUP

For Survivors of
Sexual Trauma
Ages 35+

MONDAYS

5:00 - 6:15 PM
starting on March 4th

*Open to all genders
who have experienced
sexual trauma.*

Register:
Call 262.542.3828

There is no cost for this group.
Free childcare by appointment.



These services have been provided, totally or in part, through funding from the Waukesha County Health and Human Services.



505 N. East Avenue
Waukesha, WI 53186

All genders welcome here.

Visit us online:
www.twcwaukesha.org