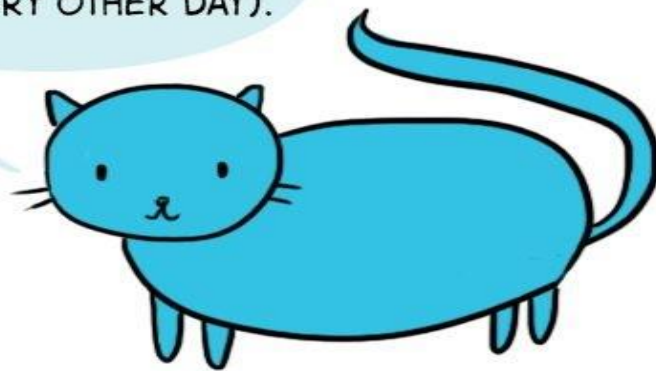


Healing Forward: Self-Care for Survivors of Sexual Violence

IT'S A GOOD DAY TO
TAKE CARE OF YOURSELF
(SO IS EVERY OTHER DAY).



Restore mind, body and spirit in this 9 week support group for female identified survivors of sexual assault on Tuesdays beginning February 10th from 5:30-7:00pm.

Each week the group will focus on a different aspect of building sustainable self-care practices.

Sessions will include art, movement and other activities.

**Email Alysha B. Warren
(awarren@wesleyan.edu) Therapist/Sexual Violence
Resource Coordinator to sign up for the group.**

**The deadline to sign up is Friday, February 7th.
Reference "Healing Forward" in the subject line of the email.**