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.