

Adult Women Sexual Abuse Survivor Group

**TUESDAYS 5:30-6:30PM
VIRTUAL SESSIONS**

Survivor group offers a safe, confidential, and non-judgmental setting for survivors of sexual violence to talk, process, and learn about their feelings and coping skills with others who have experienced similar traumas.

Possible Themes discussed:

- Coping skills
- Trauma
- Mindfulness
- Attachment
- Codependency
- Spirituality
- Shame
- Forgiveness
- Emotional Intelligence
- Dissociation
- Relationships

Groups are held online for \$50 per session. Must have initial free 10 min. consultation with Colleen Cotter, LMFT. 916.581.2453