



SoSA



Group therapy sessions
Survivors of Sexual Abuse



Why?

- To support participants in sharing their experiences and helping them to understand the impact of sexual assault on their lives.
- To educate participants on the tenets of sexual abuse and sexual trauma and processing their feelings.
- To help participants identify how sexual trauma impacts relationships and sexuality and how to gain more control in their relationships.
- To help participants identify how their trauma has impacted their trust, and how to process feelings of mistrust in their relationships.

For whom?

- Anyone who has experienced sexual assault, ranging from groping to rape.
- Women, at least 18 year old.
- 6 - 8 participants per group.

Duration

- 8 - 12 weeks.
- Every (other) week.
- Specific day and time will be decided once the group participants are chosen.

Contact

- Contact the MHF at **542 1677** if you or someone you know is interested in participating in the SoSA Group therapy.
- You could also subscribe online at **www.mhf.sx/events**