

From Victim to Survivor: A Group for survivors of childhood trauma



This group is intended for those who have survived childhood trauma, sexual abuse, or incest and are looking for group support, as well as a way to process and share their story. The group is divided into a four phases which includes: establishing a safe place, breaking the silence, working through, and reintegration and termination. This group will cover coping skills, as well as provide education surrounding the impacts trauma can have on one's mind, body and spirit. This group will use a mixture of Narrative therapy, Cognitive-Behavioural Therapy and Mindfulness to help individuals address and process their traumatic memories, as well as provide a safe place for survivors to share their story. Further, the program offers a structured protocol with session by session agendas containing worksheets, poems, practices and handouts integrating a trauma-focused treatment model. This group is intended to not only provided support and awareness for those who have survived childhood trauma, sexual abuse and incest but also to help individuals find their own path of healing. Ultimately, the group aims to support survivors in learning to connect with stories, emotions and thoughts as a form of healing.

When: Monday evenings from 7:00pm to 9:00pm.

From: January 29 till April 30 2018

Fee: \$590 for 14 weeks (Limited Subsidized spots available)

Where: Centre for Treatment of Sexual Abuse and Childhood Trauma

Located at 265 Carling Avenue, Suite 403, Ottawa

Led by: Mandy Paquette (M.A, R.P. (Qualifying))

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Crystal Nash (MA, Counsellor)

For more information and sign-up please contact:

Mandy Paquette at (613) 407-4944 or mandy.paquette17@gmail.com
Crystal Nash at (613) 875-7170 or crystal.nash@centrefortreatment.com