

## **Summer 2009**

### **Supporting, Connecting, Healing**

Issues to be addressed: Find support for your experience of sexual assault or abuse with other survivors in a safe, confidential and non-judgmental environment. Topics include: trust, boundaries, breaking silence, relationships, shame, self-worth and coping

Eligibility: female survivors of sexual assault

Contact Person: Jen

Phone Number: 413-545-5834 x3

### **Healthy Relationships**

Issues to be addressed: Learn new skills to help you cope with your past experience while building healthy relationships survivors in a safe, confidential and non-judgmental environment. Topics include: exploring different types of domestic violence, the cycle of violence, diffusing anger, exploring power and control, self-esteem and self worth, defining healthy boundaries, learning how to be safe and learn new coping skills.

Contact Person:Maxene

Phone Number: 413-545-5834 x4