



**Call to register:**  
519-941-4357 or 905-584-4357  
24-Hour Crisis/Info Line:  
1-800-265-9178 | TTY: 519-942-1651



## STEPPING FORWARD for women

### about stepping forward

Stepping Forward will provide a blend of educational and expressive activities over a 10 session period. The group will help address key issues linked to trauma and addiction experiences, such as anxiety, sexuality/touch, self-harm, depression, anger, physical complaints and ailments, sleep difficulty, relationship challenges and spiritual disconnection. There will be a focus on the body's response to traumatic stress along with what is known about the effects of trauma on the mind and the spirit. Stepping Forward will also introduce women to new ideas about self-care, self-soothing and self-expression.

10 weeks | Tuesdays | 6:00-7:30pm | October 11 - December 13, 2016