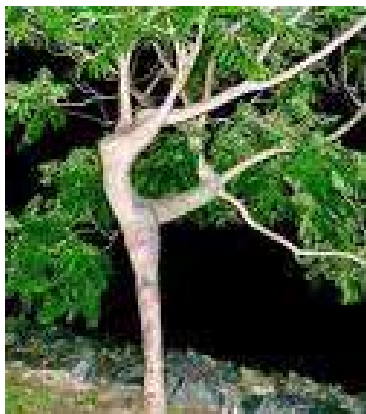


Family Services of the North Shore



We believe

Children are in no way responsible for the abuse they suffer.

Survivors have great strength and courage which they can harness as energy for their healing.

Individual needs and differences are to be recognized and celebrated.

Family Services of the North Shore

101 – 255 West 1st Street
North Vancouver, Bc V7M 3G8
Phone: 604-988-5281
Fax: 604-988-3961

Web address:
www.familyservices.bc.ca

Caring for our Community



Reclaiming Our Lives

Healing From Childhood Sexual Abuse

This is a 24 week group for women who are at the point of wanting to work on healing from sexual abuse or a sexualized family atmosphere in their childhood.

This small closed group will use a combination of structured workshop time with free sharing and processing. Topics covered will include:

- Feelings, such as shame, anger and grief
- Memories and flashbacks
- Guilt and self-blame
- Family and partner relationships
- Intimacy, trust and sexuality
- Self –destructive behaviour
- Past, present and future coping strategies
- Boundaries and assertiveness
- Self-esteem

Group Details

Dates: First week of January 2010 to mid June 2010. May be Wednesday or Thursday evenings.

Time: 6:30 p.m. – 9:00 p.m.

Location: Family Services of the North Shore

Requirements/Eligibility

Prospective group members should be:

- Motivated to explore the impact of abuse on their life
- Willing to commit to regular attendance
- Free from current substance abuse
- Involved in individual counselling

Facilitators

Gwyneth Bowen – *M.Ed., R.C.C., has specialized for 15 years in counselling and group work with survivors of sexual abuse.*

Roxanne Gresham – *M.A. Candidate, has been working for the past 13 years with individual women and groups who have been impacted by abuse.*

To Register/For More Information

Call Gwyneth Bowen at 604-988-5281, ext. 209.