



Dragonfly Centre Sexual
Violence Services

Foundations of Healing Support Group

If you've experienced sexual violence, you may be experiencing trauma. Dragonfly Centre provides a psychoeducational group where survivors can begin to understand trauma and its impacts, and strategies to manage symptoms.

Foundations of Healing (FOH) is a psychoeducational support group for survivors of sexual violence. FOH aims to deepen the understanding of how the body, mind, emotions, and everyday life are impacted after going through trauma. FOH discusses several theoretical aspects of trauma to broaden participants knowledge and provides participants with a wide range of skills to help manage negative emotions associated with trauma.

This program is open to past clients, current clients, clients waiting for counselling and adult survivors of sexual violence.

The group will meet every Tuesday, 7-8:30pm virtually via Zoom. 8 sessions in total in group format. Maximum of 10 participants.

To register or for more information on this program, please email info@dragonflysac.ca or call **1-866-300-4325**.