

VIOLENCE AGAINST WOMEN:

A Trauma Informed Group for Restoring Wellbeing

Facilitated by Registered Psychologist Brittany R
and co-facilitated by one of our Master's Practicum Students

This 8-week virtual trauma informed women's group provides a safe environment for women to learn about the impact of trauma on the nervous system, develop understanding around how trauma affects the way that we experience our world, and develop practices for restoring a sense of self and wellbeing, following adverse experiences. This women's focused group will incorporate teaching, conversation, and ideas for moving through trauma in an integrated way. By approaching trauma from a nervous system level of understanding, this group intends to hold space for women to feel safe, grounded, and empowered on their healing journey, leaving with insight and daily practices that they can use in every day life. This will be a closed group, meaning that an 8-week commitment is required to attend.

*As this group is therapeutic, there is risk for potential triggers and/or emotional dysregulation. We recommend individuals with complex treatment needs utilize individual therapy until stabilized.

Monday's
6:00 pm - 7:30 pm (Virtual)

Starts
Monday, October 21, 2024 -
December 16, 2024

Closed Virtual Group. Registration Required.

Applicability:

- 18+ age
- Childhood or adulthood experiences of violence
- Self-identified or medically confirmed trauma symptoms
- Has ability to access crisis support and personal/professional support system
- No current suicidal ideations, psychosis, or other high risk safety considerations (addiction struggles requiring treatment, mental illness requiring intensive treatment, risk of harm to others).

Deadline for registration October 14, 2024

To register, email info@dragonfliesac.ca

