

Why Should I Take Part in This Group?

For a supportive and confidential environment where you can learn more about the nature and myths of male sexual violence.

To learn about trauma and better understand your triggers.

To receive information about practical resources and coping strategies.

To learn grounding exercises which will help you better cope with daily living.

To meet other men who have had similar experiences.

EACH PARTICIPANT WILL HAVE THE OPPORTUNITY TO SHARE SOME OF THEIR STORY, HOWEVER SHARING IS NOT A REQUIREMENT.

For more info:

☎ (705) 743-2272 ext. 308

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AN EMPOWERMENT
GROUP FOR MEN
WHO HAVE
EXPERIENCED SEXUAL
HARM

HEALING FROM WITHIN



COMMUNITY COUNSELLING AND
RESOURCE CENTRE



Community Counselling and Resource Centre recognizes a lack of resources for men who have experienced sexual violence. We are hosting this group so we can help bridge the gaps that male survivors face when trying to deal with their trauma.

This will be a supportive group environment to provide men with information, resources, and coping strategies to help with the impacts of their sexual abuse trauma.

HEALING FROM WITHIN

Healing From Within is a group for men (18+) who have experienced sexual violence. The group was previously run through John Howard Society and moved to CCRC in June 2022. It runs for 4 weeks and it is a closed group, which means men are asked to commit to every session upon enrollment.

How Much Does it Cost?
Enrollment in this group is **free**.

When Does it Begin?
This group occurs multiple times a year, contact CCRC for our next start date.

How Can I Sign Up?
Applicants will go through a simple screening process prior to enrollment. Spaces are limited, contact CCRC at (705) 743-2272 ext. 308 to secure your spot.



Weekly Topics

The myths of sexual abuse.
The seven components of healing:

- acceptance
- awareness
- anger
- autonomy
- attachment
- assertion
- affirmation

The physical, emotional, behavioural, cognitive, and spiritual effects of trauma.

Understanding trauma and brain development.

Understanding and identifying triggers.

Common coping strategies.
The importance of grounding.

