

HEALING FROM WITHIN

A GROUP FOR MEN WHO
HAVE EXPERIENCED
SEXUAL HARM

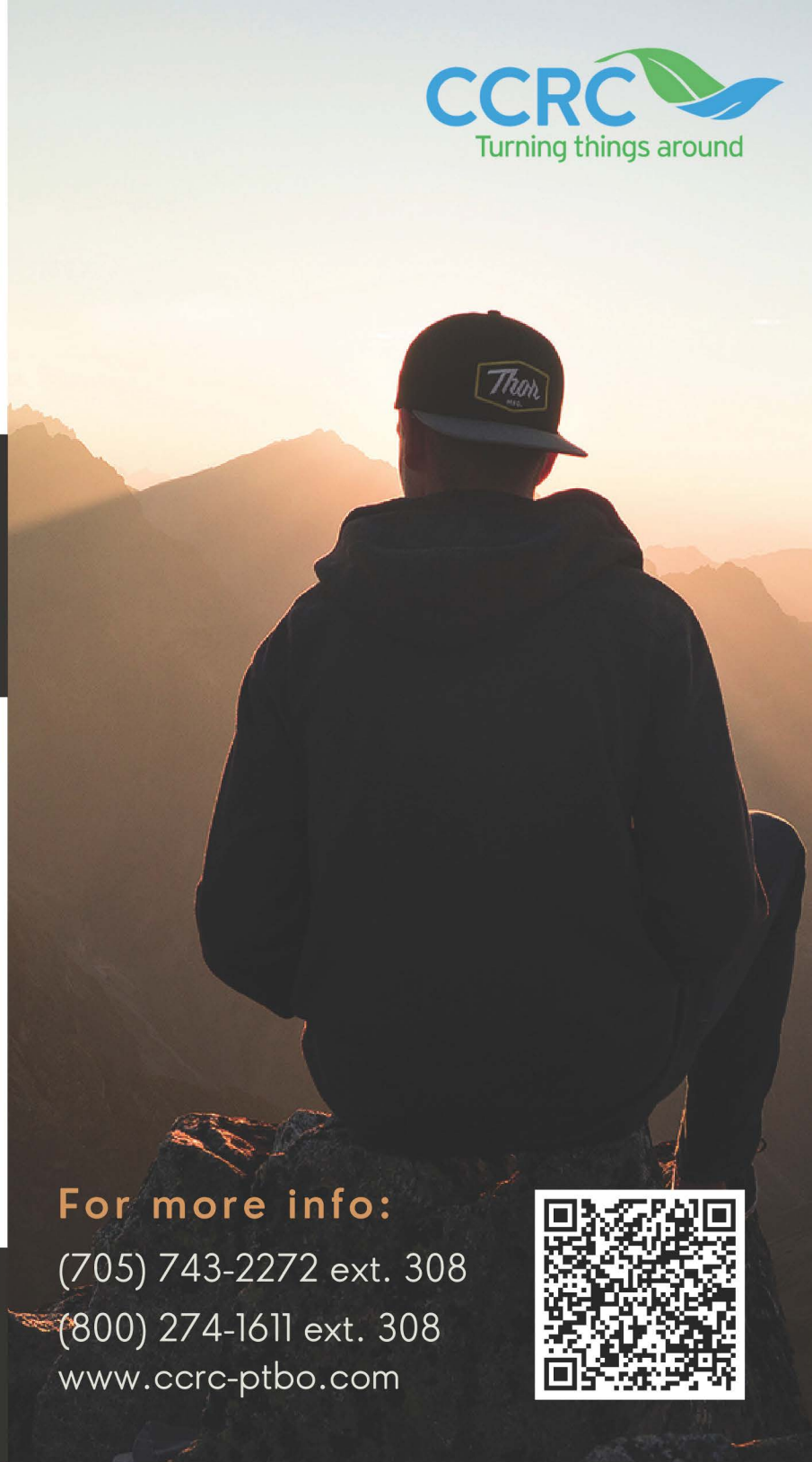
What to Expect:

- Learn about how trauma affects you, triggers, and ways to cope
- Meet other men who have had similar experiences
- A supportive and confidential space to talk about the impacts of male sexual violence

TUESDAYS 10:00 - NOON

FEB 6-27

***VIRTUAL SESSION**



For more info:

(705) 743-2272 ext. 308

(800) 274-1611 ext. 308

www.ccrc-ptbo.com



Participants can choose to share their story either with the group or one on one with a counsellor.

Sharing is not a requirement.

With funding from **Ontario** 