

Transformation

my hope

opportunity comes

“Thriving and Surviving”

An Art Therapy Group for
Women Survivors of Trauma

This group aims to allow the participant to:

- Explore the use of art making as healing and recovery
- Address how the effects of the abuse are currently impacting life
- Identify personal struggles and resources for the healing process
- Connect with other survivors and contribute to a safe atmosphere to approach healing

Requirements for Participation:

- Individual intake assessment
- Participation in ongoing individual psychotherapy
- Commitment to a 12 week group cycle

Cost is determined on a sliding scale. Most insurance is accepted.

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Triumph

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