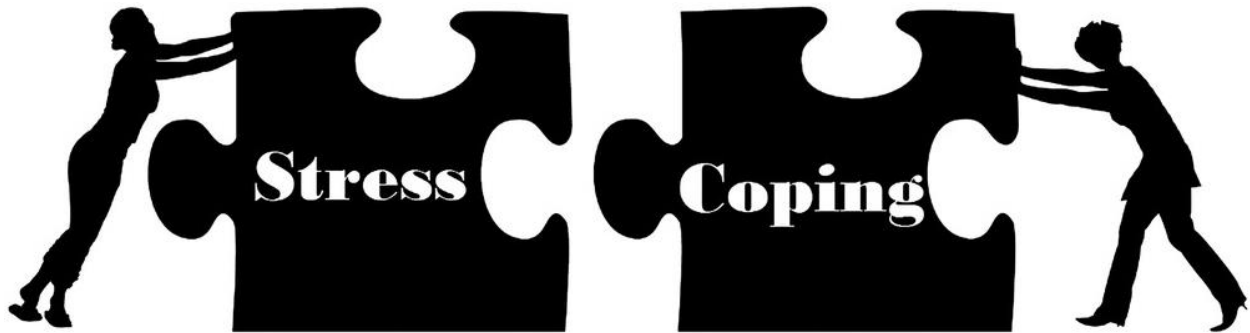


# Coping Skills Group



**An 8-SESSION GROUP FOR PEOPLE WHO HAVE EXPERIENCED TRAUMA, SEXUAL ASSAULT AND/OR RELATIONSHIP ABUSE**

Open to those who identify as a woman, including CIS, Trans, Two-Spirit & Non-Binary.

Learn tools

- To cope with everyday stressful situations
  - Self-care strategies
  - Manage big emotions
  - Benefits of mindfulness
- Manage anger and boundaries

Wednesday October 13<sup>th</sup>, 2021, to December 1st, 2021 @ 1pm-3pm

Offered via Zoom remotely, internet connection and laptop required.

Fee: CAD \$50 for all sessions payable by credit card over the phone, EFT or cash.

Registration closes October 6<sup>th</sup>, 2021.

Facilitators: Alexandra MA, CCC, RCC & Mandy Rai MA Student

Phone: 604-262-7883 or 604-335-5429

Email: [Acollins@sourcesbc.ca](mailto:Acollins@sourcesbc.ca) or [Mrai@sourcesbc.ca](mailto:Mrai@sourcesbc.ca)

*\*Those unfamiliar with Zoom can arrange a 30-minute tech-session with a counsellor.*



You cannot *drink*  
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.