

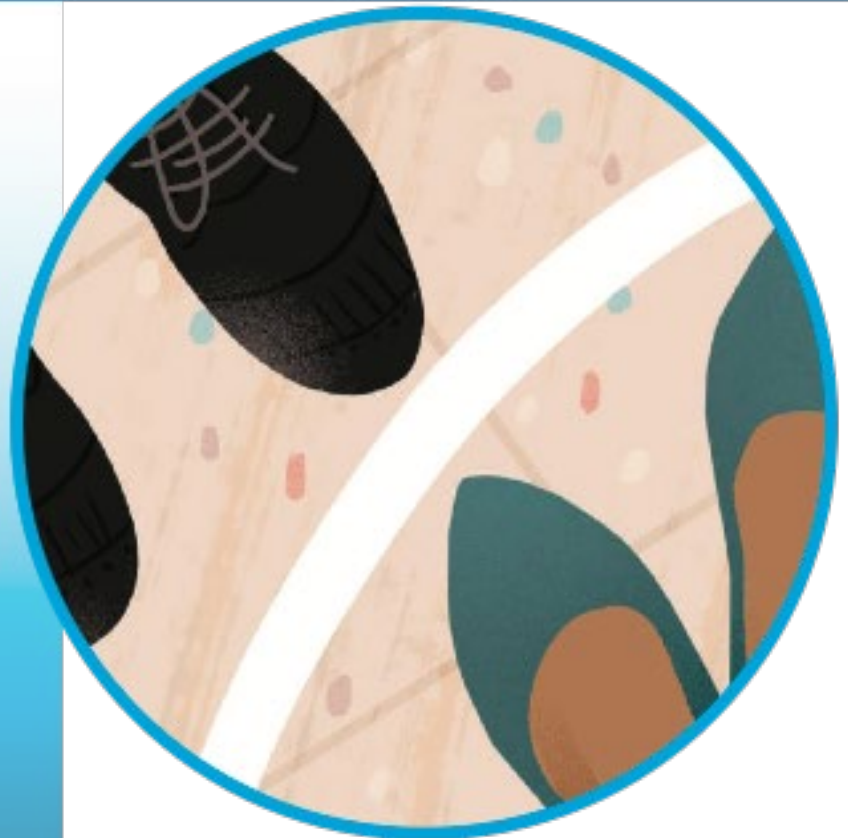
ANGER, BOUNDARIES & COMMUNICATION

FOR PEOPLE THAT HAVE EXPERIENCED CHILDHOOD TRAUMA, SEXUAL ASSAULT AND/OR INTERPERSONAL VIOLENCE

An 8 WEEK ONLINE ZOOM GROUP

Defining boundaries and applying them can be confusing and difficult, this group aims to help you:

- ✓ Recognize & apply boundaries
- ✓ Work with anger
- ✓ Increase communication skills
- ✓ Connect with self-worth



Mondays
9:30 am – 11:30 am
January 31 – March 28
\$50 per person

Offered ONLINE via Zoom
Stable internet connection & computer or device is required
(Some assistance may be available)

This group and our services are open to people of all marginalized genders including women (cis and trans), Two-Spirit, trans, and non-binary people.


SOURCES
TRAUMA COUNSELLING PROGRAM

Facilitated by: Alexandra Collins (MA, CCC, RCC) & Margaret Shiels (MC, RCC)
Please contact Alexandra or Margaret to register or for more information at:
acollins@sourcesbc.ca | mshiels@sourcesbc.ca 604-262-6199