

COPING SKILLS

FOR PEOPLE THAT HAVE EXPERIENCED CHILDHOOD TRAUMA, SEXUAL ASSAULT AND/OR RELATIONSHIP ABUSE

An 8 WEEK ONLINE ZOOM GROUP

TOPICS COVERED INCLUDE:

The group offers helpful strategies for coping with the impacts of trauma.

Learn tools to

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

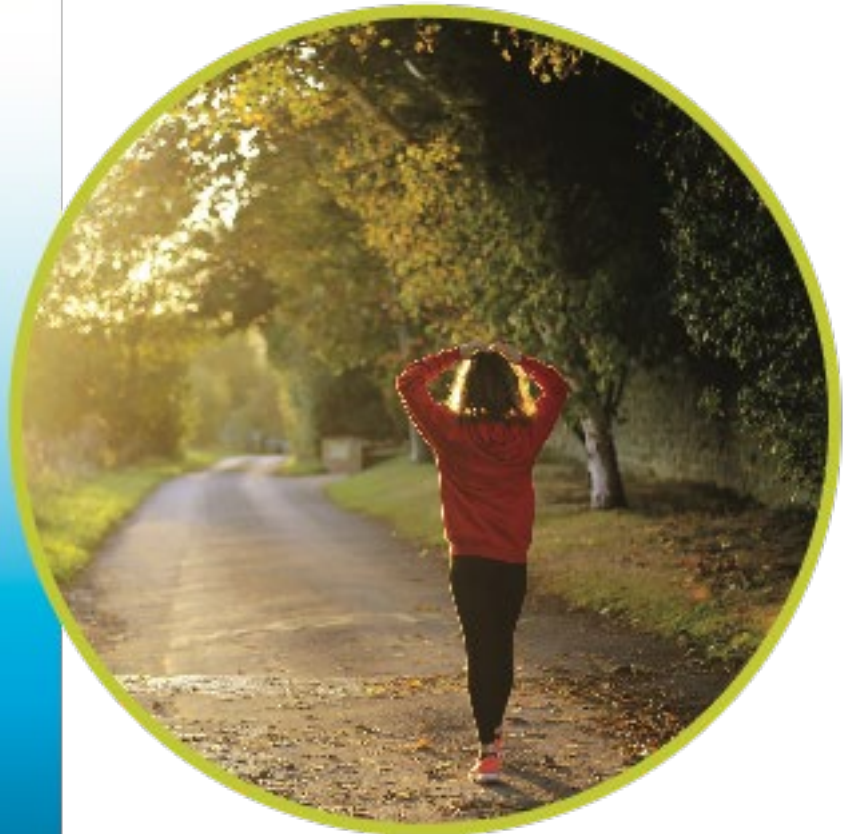
Wednesdays

2 pm - 4 pm

April 27 - June 15

\$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

An optional social time will be offered based on group availability

Facilitated by: Margaret Plourde (MC, RCC) & Mihaela Balan (MA Candidate)

Please contact Mihaela to register or for more information at:

mbalan@sourcesbc.ca or 604-262-7085