

ANGER, BOUNDARIES & COMMUNICATION

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

An 8 WEEK ONLINE ZOOM GROUP

This is an educational, skill-building group.

Topics will include:

- Recognizing & applying boundaries
- Working with anger
- Increasing communication skills

Thursdays
10 am - 12 pm
Oct 26 - Dec 14
\$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: Charlotte Edwards, MC, RCC; Karen Boileau, MC, CCC and Allison Makela, MA Intern

Please contact Karen Boileau to register or for more information at:
kboileau@sourcesbc.ca