

COPING SKILLS

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

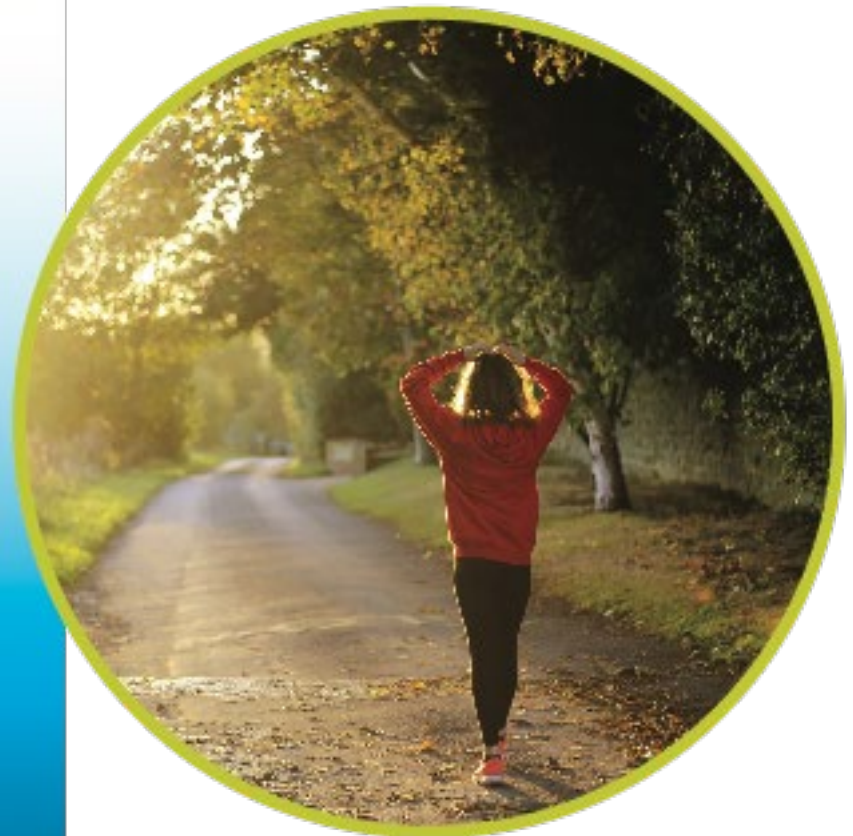
An 8 WEEK IN-PERSON GROUP

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



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.

Thursdays

1 pm - 3 pm

May 16, 2024 – July 4, 2024

\$50 per person

At AMICA Senior Lifestyles

White Rock:
15333 16th Ave,
Surrey, BC
V4A 1R6



SOURCES
TRAUMA COUNSELLING
PROGRAM

An optional social time will be offered based on group availability

Facilitated by: Akira Rattan (MSW, RSW) & Mallory MacKay (RCC Candidate)

Please contact Mallory & Akira to register or for more information at:

mMackay@sourcesbc.ca & arattan@sourcesbc.ca/604-262-5250