

SURVIVE TO THRIVE

JOURNEY THROUGH HEALING FROM CHILDHOOD SEXUAL ABUSE

*for women 18+ who experienced sexual abuse / rape
as a child or adolescent*

MONDAYS, 6:00-7:30PM
(BEGINNING JANUARY 7TH)

\$25/SESSION

This group may be for you if you...

- *Feel alone or isolated*
- *Want to talk about your story in a welcoming, safe space*
- *Wish to continue in your journey through healing from childhood sexual abuse*

By participating in this group, you will...

- *Be surrounded by other women who have also survived childhood sexual abuse*
- *Become more aware of how your childhood trauma impacts you today*
- *Expand the coping and emotion regulation skills related to your trauma*



ASHLEI RABESS, MA, APC, NCC

Ashlei brings a wealth of group facilitation and trauma counseling experience to serve individuals in the community. Her style of guidance fosters acceptance and growth for emotional healing and a more fulfilling quality of life.

MINIMUM COMMITMENT OF 12 WEEKS ... OPTION TO CONTINUE

Location: CCCG Main Office, 1814 Clairmont Rd., Decatur

Contact Ashlei to schedule individual interview session

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