

A Workshop for people who have experienced sexual abuse and for those that support them:

“Stepping Out of Shame and Into the Future”

A relaxed and friendly environment where we will come together to learn, share and support each other.

Aims:

- Break out of isolation and meet others in a safe space
- Understanding the impact of the past on today
- Giving back the shame of the abuse
- Rebuilding trust after betrayal for better relationships
- Gaining support around attraction and sexuality
- Acquire insight into re-empowerment and boundary setting
- Develop strategies for a hopeful future
- Safe for Survivors: Relevant for Partners and Professionals

The workshop contains no graphic details of past abuse

Date: Saturday 24th March 2012

Time: 2.00 pm – 5.00 pm

Venue: Kensington High Street, London W8

Cost: £35/£30/£25 (includes refreshments and handouts)

Concessions for partners/unemployed/students/groups

The workshop is led by a Survivor and all Facilitators are professionally trained in counselling and group facilitation.

BACP and ACC ethics apply.

Comments by people who have attended our past workshops:

“Wonderful and so inspiring”

“You were able to put into words the things I have had to overcome”

““My partner’s understanding of my situation was greatly helped”

“I found the session helpful in my professional development”

Email Rebecca at info@intothelight.org.uk or see www.intothelight.org.uk

INTO THE LIGHT

