



## Finding Solid Ground

We are offering a 6-week therapy group for adult survivors of childhood sexual trauma (prior to age 18). This group is a safe place to learn about how you've been impacted by what happened to you, to learn ways to cope with the effects, and to gain solid footing for healing and growth.

The group is offered from 4:30 - 6:00pm from October 2 through November 20, with no meetings on October 16<sup>th</sup> and November 13<sup>th</sup>.

Participants must commit to all 6 (90-minute) sessions, as consistent attendance is important to creating a safe group.

Group co-led by Lynn Acquafondata, LMHC & Jennifer Bateman, MHC-LP.

*"Group Therapy for sexual trauma helped me to heal from this journey and led me to a new and enriched life."*

*"Being with others really helped. I don't feel so alone anymore."*

- Past participants

**Screening will be conducted to ensure safety and appropriateness of group members.**

**As with all our offerings, there is no cost to participants.**

**For more information contact Amy at 585-325-1186, ext. 114**

**or at [contactmentalhealth@spirituschristi.org](mailto:contactmentalhealth@spirituschristi.org)**