

Time Limited Group for Female Survivors of Sexual Violence

The Time Limited Group for Female Survivors of Sexual Violence (including rape, sexual assault, stalking, incest, child sexual abuse, and sexual harassment) focuses on sharing and understanding the reactions and feelings following a sexual trauma. In the group, survivors can offer and receive support, feedback, and information from each other. The group is a safe space that breaks a sense of isolation and allows a survivor to recognize her own coping skills.

The group uses education, discussion, and activities to explore the following weekly topics:

- safety
- coping and self-care
- consent and boundaries
- guilt/shame/self-blame
- trust
- fear
- anger
- relationships and intimacy
- disclosure
- empowerment
- making meaning of your experience

The Time Limited Group for Female Survivors meets for 12 weeks, 1&1/2 hours a week, at the BARCC offices in Cambridge or Boston. Days and times will vary throughout the year. The group will be made up of 5 to 10 women, and all group members are required to have an individual counselor/therapist. If you do not have one, BARCC can provide an individual therapist as well.

dedicated to healing.
advocating for change.

{www.barcc.org}