

## **Time Limited Group for Male Survivors of Sexual Violence**

The Time Limited Group for Male Survivors of Sexual Violence is joint program of The Violence Recovery Program (VRP, part of the Fenway Community Health Center) and the Boston Area Rape Crisis Center. In the group, men who have experienced sexual violence (rape, sexual abuse, incest, child sexual abuse), whether as children or adults, have an opportunity to discuss the impact of sexual violence on their life and relationships.

Through education, discussion, and activities, group members explore ways to cope and ways to heal. Weekly topics include:

- disclosure, trust, and support
- impact on social, emotional, and sexual development
- reactions to trauma and coping strategies
- maleness and masculinity
- relationships
- sex and sexuality
- emotional responses: anger, fear, guilt, shame, self-blame

The Time Limited Group for Male Survivors meets for 12 weeks, 1&1/2 hours a week, at the Fenway Community Health Center. Days and times will vary throughout the year. The group will be made up of 5 to 10 men, and all group members are required to have an individual counselor/therapist. If you do not have one, BARCC or the VRP can provide counseling

dedicated to healing.  
advocating for change.

{[www.barcc.org](http://www.barcc.org)}