

HEALING FROM WITHIN

A VIRTUAL GROUP FOR
MEN WHO HAVE
EXPERIENCED SEXUAL
HARM

What to Expect:

- Learn about how trauma affects you, triggers, and ways to cope
- Meet other men who have had similar experiences
- A supportive and confidential space to talk about the impacts of male sexual violence

MONDAYS 10:00 - NOON
JULY 8 - AUGUST 19TH
(EXCEPT AUGUST 5TH)



For more info:

(705) 743-2272 ext. 308

(800) 274-1611 ext. 308

www.ccrcc-ptbo.com



Sharing is not a requirement.

With funding from **Ontario** 