## HEALING **FROM** WITHIN

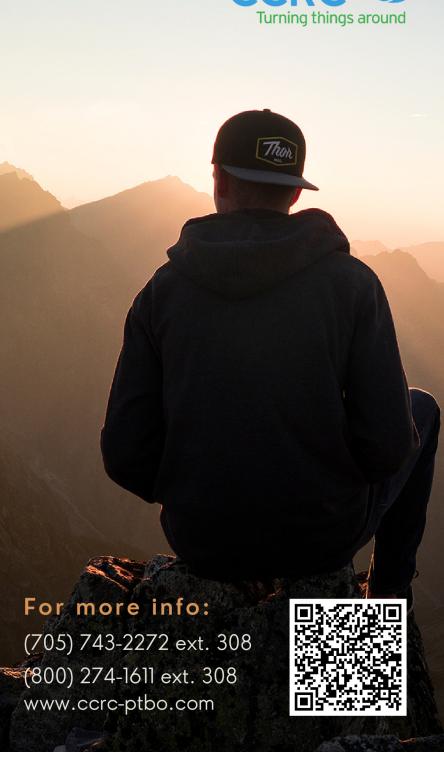
A VIRTUAL GROUP FOR MEN WHO HAVE **EXPERIENCED SEXUAL** HARM

## 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)





Sharing is not a requirement.

With funding from Ontario 💟

