

Trauma creates  
change you  
DON'T choose.  
Healing is  
about creating  
change you DO  
choose.



NEXT GROUP  
STARTS:

**February 2019**

**10.00am—12.00pm**

Dates are:

Thursday 28 February 2019

Thursday 7 March 2019

Thursday 14 March 2019

Thursday 21 March 2019

Thursday 28 March 2019

Thursday 4 April 2019

For details on next group please call:

**6122 7070**

**Toora**  
Women Inc.



Toora Women Inc. Acknowledge the Aboriginal People  
as the traditional custodians of this land that we live  
and work on and pay our respects.

# HEALING TRAUMA

ALCOHOL AND OTHER DRUG  
SERVICES



**Toora**  
Women Inc.



## TRAUMA

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If you have experienced trauma, you may struggle with questions such as:

- Why did this happen to me?
- What did I do wrong?
- Why do I feel ashamed?
- Why did people hurt me?
- Why is life such a struggle?
- What do I do now?

In this workshop you will learn more about:

- Trauma and how wide spread it is in women's lives
- Become aware of the strengths you already have that can help you recover
- Increase the skills you need for healing
- Learn exercises and techniques that can help you feel more grounded and safe

## THE PROGRAM

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This program is designed to help you begin healing from the effects of trauma, particularly violence and other abuse. One of the first steps to healing and growth is to acknowledge the traumatic experiences in our lives and the impact they have on us.

Trauma can affect us in two primary ways. First, it affects the inner self: our thoughts, feelings, beliefs, and values. Second, trauma also affects the outer self: our behavior and relationships.

Many women who have experienced trauma struggle with their relationships with family members, friends, and intimate partners.

They may have difficulty maintaining deep and meaningful relationships. They may isolate themselves, struggle with maintaining boundaries, or develop sexual issues.

## WHAT TO EXPECT

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Your group will meet for six, two hour sessions, which will cover a wide range of topics related to the experiences of trauma. You will learn about abusive relationships and the signs to watch out for, as well as how to develop and sustain healthy relationships.

The group will provide a safe place to explore your thoughts, feelings, and experiences. It is a place to be heard, to share your story, and to be supported by other women with similar life experiences, and professional counsellors who will guide the process.

Personal growth and healing are a lifelong journey. If we give ourselves the opportunity to heal and grow, we can learn how to live happier lives in healthy relationships.

### **To register for this group you must:**

- Be female and over the age of 18
- Have a past or present issue with substance use