

MENTAL HEALTH & HEALING

SEXUAL ASSAULT RESOURCE CENTER

Intimacy Group

The Intimacy Group aims to provide education and support addressing sexuality and intimacy needs for adult survivors of sexual trauma.

Group members should have experience with therapeutic support groups and/or individual counseling to address sexual trauma and have developed some foundational positive coping skills before participating.

**INTAKE REQUIRED PRIOR TO REGISTRATION
REGISTRATION CLOSES January 10, 2024**

GROUP GOALS:

- Explore one's own definitions of healthy sexuality and intimacy in a sex-positive environment;
- Discuss barriers to sexuality and intimacy in a safe, non-judgmental setting;
- Learn & practice tools to increase a participant's ability to become more in-tune with their sexuality while setting and maintaining boundaries.

ALL GENDERS & SEXUALITIES WELCOME!

ONLINE (ZOOM)

MEETINGS ARE WEEKLY, FOR 10-WEEKS

BEGINS TUESDAY, JANUARY 16, 2024, FROM 6:30-8:30 PM

NO-COST

Group facilitated by Stephanie Canales, MFT Associate, CADC I
email: stephaniec@sarcOregon.org

For more information, or to begin the registration process:

Contact the 24-Hour Support & Resource Line

Call/Text or Chat at (503) 640-5311 or (888) 640-5311