A Supportive Group for People who have Experienced Sexual Violence

4:00—5:30 PM

Fall Term: 8 Sessions: Thursdays September 27th to November 22nd, 2018 (Excluding October 25th)
Winter Term: 8 Sessions: Tuesdays January 22nd to March 19th, 2019 (Excluding February 19th)

This group offers:
- A supportive safe space for students who have experienced sexual violence
- An opportunity to connect with others through mutual support & education
- The chance to build strengths, skills, increased self-empowerment and resiliency

Session Topics include:
- Understanding the impact of sexual violence
- Developing effective coping skills to deal with the emotional aftermath
- Exploring issues such as trust, intimacy, setting boundaries, assertiveness and positive body image

How to Join the Group
Send an email to pegasus.group@queensu.ca with your name and preference for fall or winter and you will be contacted by one of the group facilitators. Please note that due to the nature of the group, it is NOT a drop in program. If you are self-referring after registration closes for a specific series, you will be provided with additional resources and options while waiting for the next session to commence.