



Amelia Rising
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 705-840-2403

MARCH 2020

MON

TUE

WED

THU

FRI

SEEKING SAFETY

This effective skills-based group is for individuals who struggle with trauma history along with substance misuse or other less safe and potentially harmful coping mechanisms. The primary focus of this group is on learning and developing healthy coping skills and strategies.

BEYOND TRAUMA

This group counselling program offers an opportunity to learn how to build trust, gain support, and learn from and share with each other during this difficult time.

ROOTED

This group gives survivors the opportunity to learn what to expect from counselling, how trauma impacts the brain, and what tools can be used to manage flashbacks, triggers, and other symptoms of trauma.

PHOTOVOICE

Photovoice is a group where participants document their experience with sexual violence through the use of photography and narrative, culminating in a public exhibit at the White Water Gallery in May 2020. Participants will meet every Thursday starting February 6th.

HEALTHY RELATIONSHIPS

We often talk about red flags and unhealthy relationships, but what about healthy ones? Many people have not had the privilege of witnessing a healthy relationship in their lives. Others have lost the belief that they have rights in intimate relationships due to boundary violations from the past. This 4-week educational workshop explores the different components of a healthy relationship.

*Please note that all groups require pre-registration, with the exception of Rooted, which is our drop-in group. For more information please contact our office at info@ameliarising.ca or at 705-840-2403.

| MON | TUE | WED | THU | FRI |
|-----|---|--|---|--|
| 2 | 3 SEEKING SAFETY 9:30-11:30am | 4 BEYOND TRAUMA 9:30-11:30am | 5 PHOTOVOICE 1:30-3:30pm | 6 |
| 9 | 10 SEEKING SAFETY 9:30-11:30am | 11 BEYOND TRAUMA 9:30-11:30am | 12 ROOTED 9:30-11:30am PHOTOVOICE 1:30-3:30pm | 13 |
| 16 | 17 | 18 BEYOND TRAUMA 9:30-11:30am | 19 ROOTED 9:30-11:30am PHOTOVOICE 1:30-3:30pm | 20 HEALTHY RELATIONSHIPS 9:30-11:30am |
| 23 | 24 | 25 BEYOND TRAUMA 9:30-11:30am | 26 ROOTED 9:30-11:30am PHOTOVOICE 1:30-3:30pm | 27 HEALTHY RELATIONSHIPS 9:30-11:30am |
| 30 | 31 | | | |