

# Sexual Assault Support Group



*Healing the heart and mind  
after trauma*

***Wednesdays 2:00-3:30 @ SHCC***

***January 26 – March 2, 2022***

- Confidential support for women who have experienced sexual or physical abuse
- Expressive Arts exercises are incorporated into group
- Educational/Processing group incorporating Cognitive Behavioral Therapy techniques

Sponsored by the WOU Student Health and Counseling Center

(503) 838.8313 email: [health@wou.edu](mailto:health@wou.edu)

*Prior to participation in group, an intake must be completed through the Student Health and Counseling Center.*