

# Women's Survivors Group Psycho-Educational Course

## INTO THE LIGHT

8 weeks • 10 hot topics • for a positive way forward



The Into The Light course has been running for over twenty years and many women have said their life has been changed as a result. The structure of the course is topic based and information giving but allows time for sharing experiences and feelings. During the course we

focus on different aspects of the impact of sexual abuse on us as adults. We look at how it affects our self image, our relationships, ways out of negative cycles of behaviour and ideas for moving forward to gain better relationships, a healthier life and new hope for the future.

### Dates

Courses are held twice a year  
March - May &  
September - November

### Time

Sessions are for one and a half hours long

### Venue

West London:  
With excellent transport links

### Numbers

6 - 8 Women only: Promoting trust and friendship

### Topics inc.

Anger, Shame, Sexuality, Memories, Healthy Relationships

### Costs

Sliding Scale: Low fees available for low income

### In a recent course:

**100%** of attendees said they benefitted a lot from the course

**80%** of attendees said their self esteem had improved a lot

**100%** of attendees said they felt much more hopeful

### Comments by people who have attended our past courses

Best money I have spent on myself

I feel better educated on a subject that no-one really talked about with me

The course created for me a deeper understanding for my healing

The course was even better than I could have dreamed of in what I have gained from it

I found everyone very supportive, empathetic and easy to share experiences with

The course was pivotal in my journey of recovery from sexual abuse

### Benefits of Attending:

- Meet other Survivors in a safe caring environment
- Gain information and empowerment from relevant topics for Survivors
- Receive support from trained Counsellors/Facilitators
- Opportunity of forming deep lasting friendships
- The course is facilitated by Professional Counsellors, all BACP Ethics apply

For more information contact Rebecca: [info@intothelight.org.uk](mailto:info@intothelight.org.uk) or visit [www.intothelight.org.uk](http://www.intothelight.org.uk)

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