

# Workshops on sexual abuse

## INTO THE LIGHT



### A workshop for people who have experienced sexual abuse and for those that support them:

*"Thinking Out Loud! Breaking The Silence Around Shame, Sex, Anger and Betrayal After Sexual Abuse"*

**Saturday 2nd November 2019  
2 - 5pm, Islington Central London, N1**

£60 or £50 **Early Bird** before 30th March 2019

£30 / £20 for **low income and students**

(Price includes refreshments and extensive handouts)

Partners, friends, support workers and counsellors also very welcome

**For more information and to book**  
contact Rebecca at [info@intothelight.org.uk](mailto:info@intothelight.org.uk)

Find out more about our workshops & Into the Light at [www.intothelight.org.uk](http://www.intothelight.org.uk)



The workshop is led by a survivor and all facilitators are professionally trained in counselling and group facilitation. BACP ethics apply.

### Comments by people who have attended our past workshops:

Great information ... great tools to help me to continue to move forward

Lovely team of people both the audience and trainers. Felt comfortable and safe

Good workshop for partners to attend in a safe relaxed setting

I came away feeling empowered and confident... it was fantastic

I was able to take some things away which were new and life changing

There was a real sense of respect and understanding from the facilitators

### Aims:

- Break out of isolation and meet others in a safe space
- Understand how we can begin to live shame free
- Learning how to express anger constructively
- Reclaiming sexuality and body image
- Rediscovering trust and communication
- Safe for survivors: relevant for partners / friends and professionals

**A relaxed and friendly environment where we will come together to learn, share and support each other.**

Please note: This workshop contains no graphic details of past abuse

Partly funded by:

The London  
Community  
Foundation

MOPAC

MAYOR OF LONDON  
OFFICE FOR POLICING AND CRIME

TAMPON TAX  
COMMUNITY  
FUND