

Workshops on sexual abuse

INTO THE LIGHT



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

"Take Back Control After Sexual Abuse: Find Power over Shame, Flashbacks, Sex and Boundaries"

**Saturday 7th Nov 2020
2 - 5pm, Islington Central London, N1**

£60 or £50 **Early Bird** before Saturday 10th October 2020

£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

Find out more about our workshops & Into the Light at 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
- Regaining power over shame that does not belong to you
- Increasing control over invasive flashbacks
- Taking back your sexuality for yourself
- Asserting boundaries so they work for you
- 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

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