**PAAR is now offering A Support Group for survivors of sexual violence**

**PAAR’s Support Group will provide psychoeducation around the impact of sexual trauma, and survivors will be provided with the support and encouragement from each other.  Our goal is to help survivors by:**

* **Learning healthy coping skills and self-care practices**
* **Exploring feelings and developing healthy strategies to understand difficult emotions**
* **Enhancing self-esteem and assertiveness skills**
* **Gaining the necessary skills to build healthy boundaries and identifying support networks.**

**The Support Group can be the first step into counseling.  It is comprised of 10 sessions that are cyclical, and individuals can join at any time.**

***Who*: The Support Groups are inclusive of any gender identification and expression over the age of 18.**

***When*: Starting on July 24th, the Support Groups will meet every Wednesday evening from 6:00-7:30pm.**

***Where*: PAAR South Side Location**



**\*If you have any additional questions please reach out to Lea Tambellini, LCSW, Supervisor of Clinical Services at** **leat@paar.net****or 412-431-5665 ext 1154**