Phoenix Rising: A Support Group for Survivors of Sexual Trauma

In legends, the Phoenix bird is long-lived and experiences rebirth out of fire. Phoenix Rising symbolizes the strength and resilience of those who have lived through and survived some very difficult experiences.

This support group is open to undergraduate and graduate students who are survivors of sexual abuse, sexual assault, or sexual trauma experienced in childhood or as adults. The goal of this group is to provide a healing, empowering, and safe space for survivors to discuss and receive support around a range of issues including relationships, intimacy, sexuality, safety, mind-body awareness, balance, sense of control, communication, and trust. Attention will also be given to providing some self-regulation and mind-body awareness skills as appropriate.

Day/Time: To Be Determined
Facilitator: Linda Anderson, Ph.D.
Location: Counseling Center (401 Schmitz Hall)

Please call 543.1240 for more information or for accessibility accommodations.