

How to Manage Unwanted Memories, Flashbacks, and Nightmares After Sexual Assault



Zig Zag Young Women's Resource Centre is holding an 8-week support group for young women between the ages of 12 and 25 years. This support group aims to explore how to deal with flashbacks and live more in the present moment. We will also talk about self-care, why sexual violence happens, misconceptions around sexual assault and women's experiences, and how we can all contribute to ending sexual violence in our communities. The group will provide a safe space where young women can connect with one another and share strategies and skills for dealing with unwanted memories.

Please note: we will not focus on any individual's specific trauma content of flashbacks or memories. Instead, we will share different ways to manage these experiences and feel safer and stronger. **Pre-group interviews will be held in February**

A light supper will be provided.

When: An 8-Week Group starting on Wednesday 20th March 2013

Time: 5—7:30 pm each Wednesday

Where: at Zig Zag
575 Old Cleveland Road
Camp Hill Qld 4102

Cost: FREE!!

Please let us know if you require support with transport or childcare.

For further information and to let us know if you would like to participate please contact Adela at Zig Zag on: 3843 1823 or sateam2@zigzag.org.au