



# Find hope and healing at a Finding Hope Support Group

*Come join us and continue your healing journey.*

*“She had not known the weight  
until she felt the freedom.”*

-NATHANIEL HAWTHORNE-

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We are looking for adult women who are survivors of childhood sexual abuse (meaning it occurred when you were 18 or younger) to participate in our Finding Hope Support Groups. The purpose of our support group is to share our courage, hope, and experience through a safe community. We focus on our **5 Strategies to Reclaim Hope: Awareness, Acknowledgement, Power Through Surrender, Mindfulness, and Faith**. You'll find confidential support with women who understand what you have been through.

## **WOULD YOU LIKE TO HELP LEAD A GROUP?**

We are also looking for women who are interested in being a group leader. The meeting has a specific script that you follow and we provide training videos to help you learn how to facilitate a group meeting.

**Location:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_ **Contact:** \_\_\_\_\_