

## **Trauma Information and Education Group**

The Trauma Information and Education Group provides a place to talk, share, and learn about the effects of trauma and how it impacts a survivor's life, even years after the trauma occurred. The group members are women with a wide range of sexual trauma experiences - rape, sexual assault, stalking, incest, child sexual abuse, and sexual harassment.

Through education, discussion, and activities, the group allows survivors to receive support and validation from other survivors. Weekly topics include:

- What is sexual violence and responses to sexual violence
- Safety
- Coping
- Self-care
- Guilt/Shame/Self-blame
- Trust, Anger
- Relationships and disclosure
- Body-image
- Making meaning of your experience

The Trauma Information and Education Group meets for 10 weeks, 1 hour a week, at the BARCC offices either in Cambridge or Boston. Days and times will vary throughout the year. The group will be made up of 5 to 10 women, and all group members are required to have an individual counselor/therapist. If you do not have one, BARCC can provide counseling.

dedicated to healing.  
advocating for change.

{[www.barcc.org](http://www.barcc.org)}