

JOURNEY OF THE WARRIOR

Northern Arizona Care & Services After Assault
SEXUAL ASSAULT SURVIVOR'S SUPPORT GROUP

For Women 18+ Facilitated by Heather Coate, LPC

*"So even if the hot loneliness is there, and for 1.6 seconds we sit with that restlessness when yesterday we couldn't sit for even one, that's the journey of the warrior."
- Pema Chödrön*

PURPOSE: TO PROVIDE A SPACE FOR SHARING, FEELING SAFE, AND LEARNING NEW COPING SKILLS

Guidelines of Group:

Acceptance: No judgement

Confidentiality: What you hear in the group stays within the group

Consideration: Time limited check-ins

Encouragement: Group members lift each other up

No pressure: It's always OK not to share/talk

2018 DATES

- January 3 & 17
- February 7 & 21
- March 7 & 21
- April 4 & 18
- May 2 & 16
- June 6 & 20
- July 4 & 18
- August 1 & 15
- September 5 & 19
- October 3 & 17
- November 7 & 21
- December 5 & 19

North Country HealthCare
2920 N. 4th St. Flagstaff

*Eric's Community Room

For more information call 928-522-9460



NORTH COUNTRY
HealthCare



NORTHERN ARIZONA
CARE AND SERVICES AFTER ASSAULT