



TAPESTRY

COUNSELLING CENTRE

Try out our support group for:

Adult Survivors of Child Abuse

▪ **Group Features --**

- A safe, open group
- For anyone who has experienced abuse in their childhood – sexual, emotional, and/or physical
- Led by 2 Registered Counsellors
- Using the “Adult Survivors of Child Abuse (ASCA)” program (www.ascasupport.org)
- Not a 12-Step group
- **All Survivors Are Welcome!**

✓ **What’s in it for you?**

- ✓ Grow self-esteem
- ✓ Let go of shame
- ✓ Tell your story and be heard
- ✓ Give meaning to your suffering
- ✓ Cultivate trust in your life
- ✓ Learn to embrace change
- ✓ Confront self-sabotage
- ✓ Move beyond resentment
- ✓ Explore relationships
- ✓ Enjoy your life today
- ✓ RECOVER
- ✓ And so much more...

YOU DON'T HAVE TO SUFFER ANY LONGER WITH PAINFUL WOUNDS FROM YOUR CHILDHOOD

- **Every Monday**, except holiday Mondays, 7:00–8:30 pm
- Fees are **by donation** - Pay what you can, when you can
- We're located on Fraser Street at 28th Ave
- Come once, come every week – **no commitment necessary**

If you'd like to give it a try --
Call: 604-876-7600 or
Email: info@tapestrycentre.ca

Curious? Please visit the program's website:
www.ascasupport.org
Also visit Tapestry Counselling Centre's website:
www.tapestrycentre.ca