

Women's Group

Safe, supportive, and confidential environment

For all survivors who identify as women

Survivors include those with past emotional, physical, or sexual traumas that have affected the way they view themselves, their confidence, and their ability to trust others

The group will support members' **empowerment** and growth in the areas of **self-esteem, resilience, managing intense emotions, and managing safe boundaries**

Group meets weekly for the entire semester

Thursdays: 2:00pm - 3:30pm

Meeting virtually via Zoom

Counseling and Psychological Services

Call 610-436-2301 or visit

www.wcupa/counselingcenter