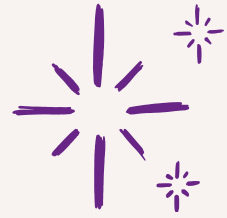




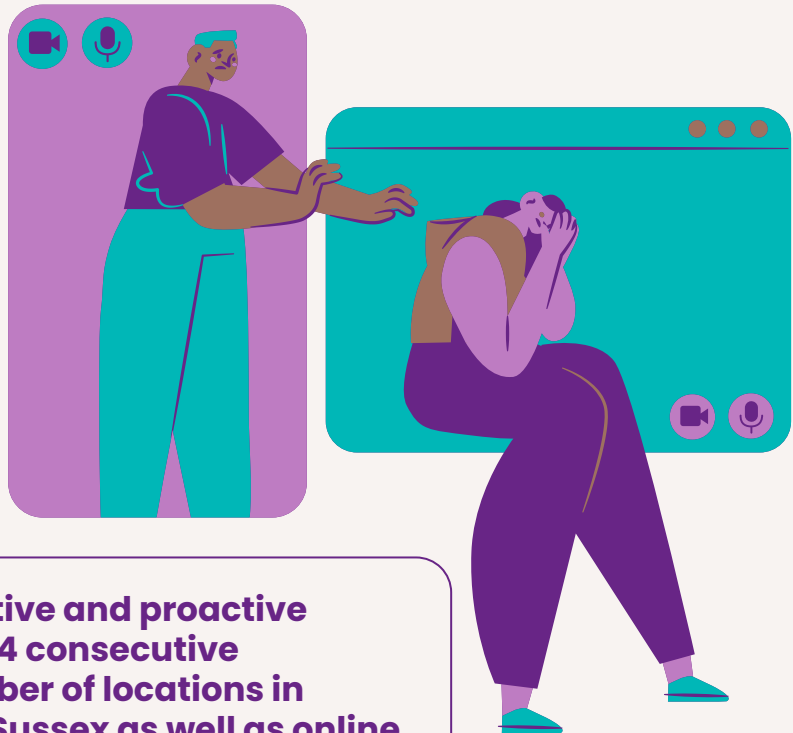
# YOUNG SURVIVORS GROUP



## We will cover subjects like:

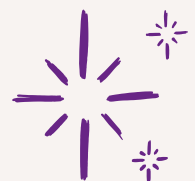
- Self care
- Understanding the impact of trauma
- Building our tool kit for managing tough emotions
- Moving forwards

If you are aged between 14 and 18, and you have had an unwanted sexual experience, then you are welcome to come and join our groups.



The groups will be a positive and proactive course which will run for 4 consecutive Thursdays across a number of locations in Brighton and Hove, East Sussex as well as online.

The group will be small, safe, creative and very friendly and welcoming.



**Join Us!**

If you would like to join this group don't hesitate to get in touch with our **welcome team** via the online referral form on our website.

[www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)