

# Regina Sexual Assault Centre

## FREE VIRTUAL TRAUMA EDUCATION GROUPS

PLEASE SELECT ONE DATE PER GROUP

### TRAUMA AND YOU

Defines trauma and triggers;

Provides basic coping strategies for unwanted feelings and anxiety;

Discusses the impacts of trauma on the body;

Explores the role of self-care in healing.

**JULY 3, AUGUST 7,  
SEPTEMBER 4**

### TAKING CARE OF YOU

Participants are encouraged to participate in breath-work, visualization, meditation, imagery, and the use of the 5 senses to deal with negative emotions to promote relaxation and calm.

**JULY 10, AUGUST 14,  
SEPTEMBER 11**

### HELPING CHILDREN HEAL

Defines trauma and triggers related to children;

Explains how trauma may affect parenting;

Provides basic coping strategies to introduce to children to support healing;

Parents only workshop.

**AUGUST 20**

### IDENTITY AFTER TRAUMA: WHO AM I?

Factors that influence our identity;

Helps participants discover tools to help recover identity after trauma.

**JULY 17, AUGUST 21,  
SEPTEMBER 18**

### FOR THE KEEPERS OF STORIES: TRAUMA RESPONSE AND STEWARDSHIP

The 16 warning signs of trauma exposure response;

Discusses the concept of trauma stewardship and what it means for helping professions.

**JULY 23, AUGUST 28**

### EATING TO HEAL

How trauma affects digestion and nutrition;

How key amino acids, vitamins, and minerals help our body respond to trauma;

Budget-friendly food options.

**JULY 24, AUGUST  
27, SEPTEMBER 25**

For more information on what each individual group offers, visit our social pages (@rsacsupport) or website.



**1-3 PM CT**

**PRE-REGISTER BY PHONE OR EMAIL**

**REGINA SEXUAL ASSAULT CENTRE / 1830 MACKAY ST /**

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**REGINASEXUALASSAULTCENTRE.CA**