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**SURVIVORS BECOMING
THRIVERS:
THERAPY GROUP FOR SURVIVORS OF
SEXUAL ABUSE**



* Join fellow survivors in exploring your path to healing in the CONFIDENTIAL, safe environment of ongoing group
* Learn tools for coping with painful emotions and posttraumatic stress
* Receive support and validation & learn you are not alone!
* Improve self-esteem and self-acceptance



**For free initial screening, call Rachel Breskman, MEd, CAC,
Licensed Psychologist and trauma and sexual abuse specialist of 28 years
215-886-5611
Thursday evenings 7-8:30 pm
Fees: $50 with some insurance coverage**