



AMAC Group

For Adults Molested as Children

This group provides a safe and confidential place for adults who have been sexually victimized in childhood. Members are able to give and receive support from other survivors as they navigate their healing journeys.

Topics to be covered:

- **Safety and self care**
- **Coping with triggers and past traumas**
- **Analyzing beliefs about the abuse**
- **Trusting ourselves and others**
- **Regaining power and control in life**
- **Rebuilding self-esteem, battling shame**
- **Building healthy relationships and intimacy**

Group meeting time: The AMAC group meets twice a month. This group is ongoing. Members can join at any time.

For more information or to register, call Val Macri-Lind, 472-4133 , Ext. 202.

We accept many health insurance plans, and a sliding scale is available.