

HerCircle- A Women's Group Therapy Program



A space of healing and recovery for girls and women affected by sexual exploitation, trafficking, or who are a part of or impacted by the sex industry

An 8 week therapeutic group for women impacted by the sex industry, trafficking and or sexual exploitation.

The program will offer a feminist, trauma-informed, arts and therapeutic based space that is safe and confidential. It will provide opportunities for women to heal from the emotional, psychological and and social trauma associated with the sex industry, trafficking and or sexual exploitation.

THE CIRCLE AIMS TO:

- 1** Building women's resilience, internal resources, coping skills, stress management and strengthening their sense of self.
- 2** Provide opportunities for women to build connections with each other, share stories and experience solidarity with others who may have traveled a similar journey.
- 3** Empower women to continue on their road to recovery and healing through gentle, therapeutic models that address the present needs of the group participants.
- 4** Address social isolation, reduce trauma symptoms, raise awareness and empower women through the use of gentle processes such as art, mindfulness, psycho-education and discussion.

Her Circle is a non-judgemental and confidential space for women to explore emotions, thoughts and bodily felt experiences in a safe space.

HerSpace is an organisation offering mental health programs to all girls and women who self-identify as being affected by sexual exploitation.

HerSpace understands that healing is a journey, and offers long-term support through group and individual therapeutic services.

ELIGIBILITY

Any girl or women age 16 or above who self-identifies as affected by the sex industry, trafficking and or sexual exploitation.

DATES

Every Monday for 8 weeks starting from Monday the 4th of September until Monday the 23rd of October.

TIME

10:30-1:30 (morning tea included)

PLACE

The Urban Alchemist, 357 Nicholson Street, Carlton North

COST

Free

REFERRALS CLOSING DATE

Monday 28th August 2017

REFERRAL PROCESS

Contact Emily Hanscamp at HerSpace on emily.hanscamp@herspace.org.au or 0468 474 475 for a referral form and more information

www.herspace.org.au