



# From Surviving to Thriving

Support Group for women who have  
experienced sexual violence

Starting Monday 10th May 2010

Mental Health Resource Centre  
High Wood Hospital  
Geary Drive, Brentwood  
Essex CM15 9DY

During the group sessions there will be the chance to look at different aspects of your life and exchange ideas and experiences with other women. We will look at ways of improving relationships, standing up for yourself without feeling guilty and making sure the authorities respect your rights and your views. You will have the chance to try out new techniques and work towards new ways of coping with your life and getting closer to where you want to be.

The group will be held on Mondays, 10.30am—12pm  
From Monday 10th May 2010 to  
Monday 19th July 2010

To reserve your place on the group or find out more, ring Karen on 01375 381322 or Andrea on 07897 481814 or email us at [sericc@sericc.org.uk](mailto:sericc@sericc.org.uk) or return the booking form below. Your place will be confirmed on receipt of the booking form.

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**From Surviving the Thriving Group— Brentwood**

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Address: \_\_\_\_\_

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