

Summer  
2009 Series

# HEALING GROUPS for Women Survivors of Childhood Sexual Abuse

16-week group beginning summer 2009

Meeting in a private, confidential location in the Pikesville area

## Creating Balance and Wellness: Recovery Through Art

**Tuesdays, 7:00 - 8:30 p.m.**

Through artwork and reflective writing participants can:

- release emotions & regulate feelings
- identify environmental stressors
- build trusting support networks
- find a safe place for challenging memories
- learn creative problem solving

**No art skills needed!** Art Therapy offers nonverbal creative expression that promotes a nurturing environment to explore the challenging issues of sexual abuse.

**FACILITATOR: PEGGY KOLODNY, MA, CPC, ATR-BC, A BOARD-CERTIFIED ART THERAPIST WITH 27 YEARS OF EXPERIENCE WORKING WITH SURVIVORS OF SEXUAL TRAUMA**

To make a referral or to discuss participation and group fees,  
please call **Joan Kristall, LCSW-C at 410-843-7576.**



**The Shofar Coalition**  
Collaborative Response to Childhood Trauma  
in the Baltimore Jewish Community



*A program supported by*  
**THE ASSOCIATED**

Note: Another group, SURVIVORS IN RECOVERY, is currently being held the first Monday of every month at a private, confidential location. This is a co-ed group. For further information, contact Joan Kristall, LCSW-C at 410-843-7576. All calls are strictly confidential.