

PHOENIX RISING:

A Support Group for Survivors of Sexual Trauma



In legends, the Phoenix bird is long-lived and experiences rebirth out of fire. Phoenix Rising symbolizes the strength and resilience of those who have lived through and survived some very difficult experiences.

This process-oriented support group is open to undergraduate and graduate students who are survivors of sexual abuse, sexual assault, or sexual trauma experienced in childhood or as adults. The goal of this group is to provide a healing, empowering, and safe space for survivors to discuss and receive support around a range of issues including relationships, intimacy, sexuality, safety, mind-body awareness, balance, sense of control, communication, and trust. Attention will also be given to providing some self-regulation and mind-body awareness skills as appropriate.

Day/Time: Mondays, 2:10-3:30 pm

Agnes Kwong, Ph.D. & Cara Arndorfer, Ph.D.

Location: 219 North Hall, CAPS

Please call 752.0871 for more information or for accessibility accommodations or email us at agnkwong@ucdavis.edu or carndorfer@ucd.edu

SOME REASONS TO JOIN A GROUP

Reduces Isolation – You're Not As Different Or Alone As You Think

Normalizes Experience – "It's Not Just Me, I'm Not Alone"

Supportive – Receive Support And Share Your Wisdom

Learn With And From Other People

Function Better In Relationships

Learn And Practice New Skills

Understand Yourself Better

No Session Limits

No Fee

Why

COULD GROUP COUNSELING HELP ME?

Groups?

If You Are...

Isolated Or Depressed

Shy And Easily Embarrassed

Troubled By Relationships / Communication

Wanting To Connect With Others Like You

Seeking To Improve Interpersonal Effectiveness

Seeking To Understand Why You Act The Way You Do

FOR MORE INFO CALL (530) 752-0871

[HTTP://WWW.CAPS.UCDAVIS.EDU/SERVICES/GROUP](http://www.caps.ucdavis.edu/services/group)