



# Body and Mind

*Welcoming and calming therapeutic program for women who have experienced sexual assault and family violence, and men who have experienced sexual assault.*

Have you been experiencing strong emotions arising from your experience of sexual assault or family violence? If the answer is yes, you may benefit from our Body and Mind therapeutic program.

This innovative group program is designed to:

- Help you understand and manage the impact of trauma on your body and mind
- Develop physical, cognitive and emotional skills and strategies for increasing your self-awareness, calming your body and mind, and enhancing your day-to-day living.

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The Body and Mind program consists of five sessions, running weekly on **Tuesdays from 1.30pm-2.30pm.**

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**Registration is free** with the option to attend all sessions or those of interest.

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For more information or to register your attendance, please phone (03) 5381 1211 and ask to speak with our intake staff.

## 2022 Stawell program dates

Tuesday 16 August **Managing Trauma Symptoms**

Tuesday 23 August **Mindfulness**

Tuesday 30 August **Connecting with Creativity**

Tuesday 6 September **Sleep**

Tuesday 13 September **Music**

### Venue:

The Ruby Room,  
Grampians Community  
Health Centre,  
Patrick Street, Stawell



The  
**Sexual Assault  
& Family Violence  
Centre**