

# New Year...New You!

## A Workshop for Survivors of Sexual Violence

Unlock your potential by setting goals that will help you to create the life that you desire and deserve!

YWCA Metropolitan Chicago will be hosting a goal-setting workshop for adults who have been impacted by sexual violence. This workshop will provide a safe, supportive environment where survivors can:

- **Practice self-compassion & self-love**
- **Set small goals that can make big differences**
- **Create art that will inspire positive change**

Feel free to bring your favorite pictures, quotes, or anything that will make the vision for your life come alive!

The workshop is open to adult survivors of childhood and/or adult sexual abuse. Individuals of any gender or sexual orientation are welcome.

If you are interested in attending, please **RSVP** by contacting Trissa Dodson at (312) 762-2730.

### **WHEN:**

Wednesday  
January 23<sup>rd</sup>,  
2019  
6:30PM - 8:00PM

### **WHERE:**

YWCA  
Metropolitan  
Chicago  
RISE Center  
820 W. Jackson  
Blvd. Suite 550  
Chicago, IL 60607

### **COST:** Free!

*RSVP preferred.*  
Please RSVP by  
January 16<sup>th</sup>,  
2019



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