

Second Glance: A Group Reflecting on Body Image and Self Esteem

YWCA Metropolitan Chicago will be hosting a body image and self-esteem group for adult survivors of sexual violence.



As a member of this group, you will have the opportunity to:

- Identify the ways in which sexual trauma has impacted your view of yourself
- Explore the negative messages you've received about your body from family, friends, and the media
- Give and gain support from other survivors
- Discover new ways of caring for and celebrating yourself

If you are interested in attending, contact:

Aviva Rosenberg at 312.762.2749 or
Andria Lampkin at 312.762.2737

WHEN:

**Thursdays, 6:00PM-7:30PM
June 6th - July 25th**

WHERE:

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

COST: FREE

- This group is open to people of all gender expressions and sexual orientations
- In-person screening required to determine group readiness
- Please contact group facilitators by May 17th as spots are limited

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