

# BUILDING BETTER RELATIONSHIPS

## *Improving Self & Interpersonal Connections*



The YWCA Patterson & McDaniel Family Center is hosting an 6-week virtual therapy group for adult survivors of sexual trauma. Through activities, discussion and media, this group will serve as a safe and supportive space where participants will learn how to build better relationships with themselves and others. Themes will include coping skills, self-compassion, self-care, communication, boundaries, trust, and more.

**WHEN:** Tuesdays  
6:00PM- 7:30PM  
March 21<sup>st</sup> – April 25<sup>th</sup>

**COST:** Free

**WHERE:** Virtual (Zoom)

**REGISTER:** Contact a facilitator to schedule a screening to determine group eligibility

**Please register as soon as possible, as spaces are limited. Registration closes on March 9, 2023.**

This group will be presented in English and is open to any survivor of sexual trauma (18 and older). Individuals of all racial/cultural identities, sexual orientations, and gender identities are welcome. Spaces will be limited.

### **FACILITATORS:**

Amanda Wright, MA, MS, Therapist | 312-572-7033  
[amanda.wright@ywcachicago.org](mailto:amanda.wright@ywcachicago.org)

Elizabeth Salguero, MA, Therapist | 630-580-3193  
[elizabeth.salguero@ywcachicago.org](mailto:elizabeth.salguero@ywcachicago.org)

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Chicago Rape Crisis Hotline: 888-293-2080  
Call 24/7/365  
Text 9:00AM – 5:00PM CST, Monday-Friday  
Visit [ywcachicago.org](http://ywcachicago.org) or follow us @ywcachicago

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