

Brave Horizons

A SUPPORT GROUP FOR MEN AND 2SNBTI SURVIVORS
OF SEXUAL ABUSE AND/OR ASSAULT

————— This group encourages peer support as part of the healing process. —————

**This group provides a
confidential and supportive
environment to:**

- ☀️ Reflect on your experiences, including impacts on identity and masculinity
- ☀️ Develop healthy coping skills
- ☀️ Navigate emotions
- ☀️ Reduce feelings of isolation
- ☀️ Learn about healthy boundaries and relationships

Upcoming Group
10 Evening Sessions
October – December 2026

Register by contacting us at **807 684-1880**
or **intake@tbaycounselling.com**