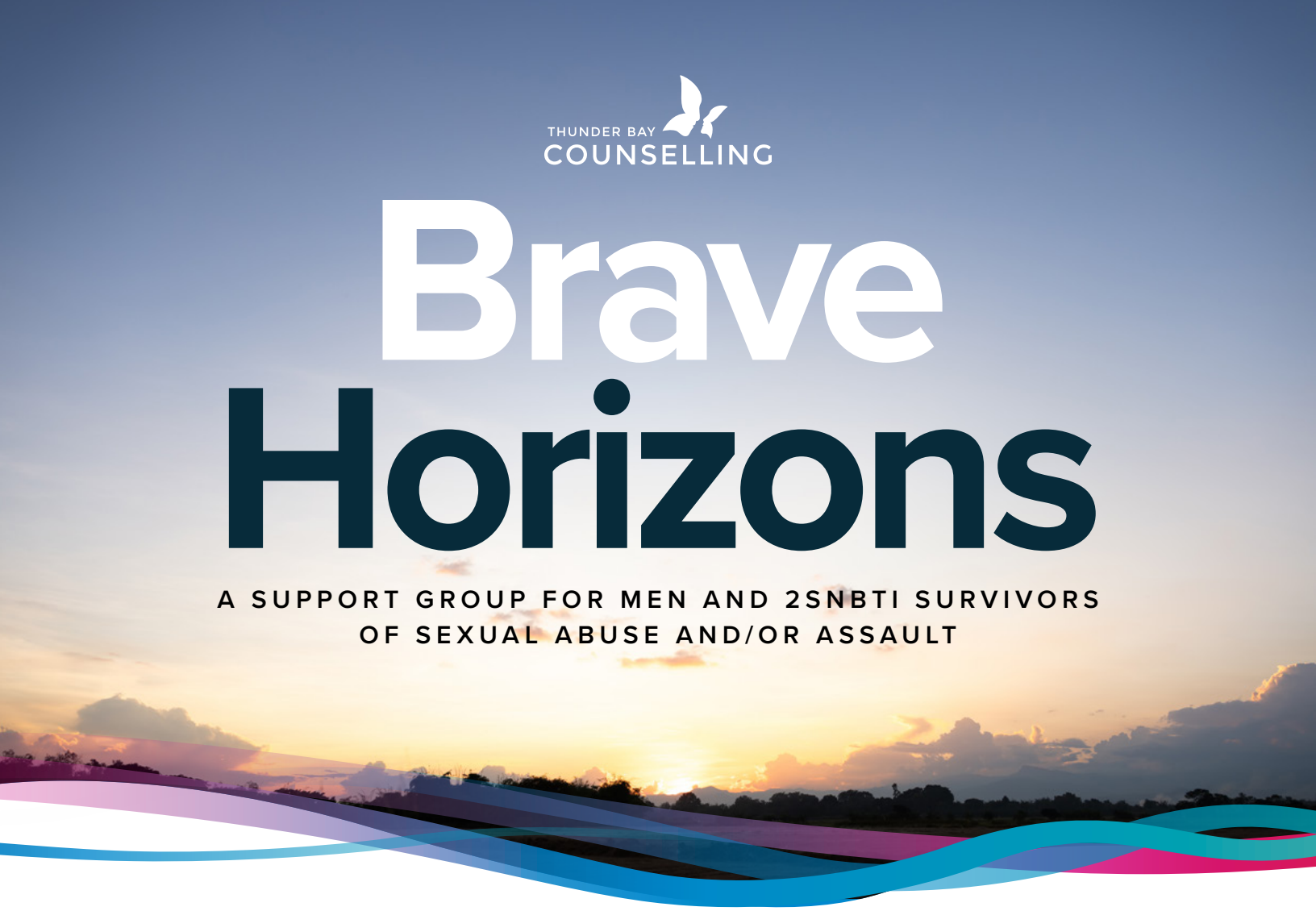


THUNDER BAY COUNSELLING

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

Contact us for information about upcoming sessions

807 684-1880 **community@tbaycounselling.com**