



# BODY AND MIND



Have you been experiencing strong emotions that have arisen from a traumatic experience/s?

We are pleased to introduce the “**Body and Mind**” program which will assist you with self awareness, understanding of trauma and calming the body and mind.

This program offers eight sessions designed for **women** who have experienced **sexual assault and/or family violence** and **men** who have experienced **sexual assault**. These sessions offer strategies that will assist you with day to day living.

Each session ‘stands alone’ and you are welcome to attend a single session or up to eight sessions. If you wish to attend any of the Body and Mind sessions please contact us (03) 5222 4318 and ask to speak with an intake staff member.

These **free** sessions will take place on **Thursdays** from **1pm to 2.30 pm** at Barwon CASA/Minerva:

Session 1	May 3	Managing Trauma
Session 2	May 10	Connecting with Creativity
Session 3	May 17	Finding the Calm
Session 4	May 24	The Body as a Resource: Stability and Presence
Session 5	May 31	Using Music
Session 6	June 7	Breath
Session 7	June 14	Rebuilding a Sense of Self
	<b>June 21</b>	<b>No Session</b>
Session 8	June 28	Sleep Well