

All healing starts with a little support...

**Healing from sexual trauma is no different.
A sexual trauma peer support group for military or first responders (veterans, retired, or currently serving).**

What is NOT talked about? Explicit details of assaults.

What IS talked about?

- How people are affected (trust issues, anger, anxiety, depression, relationships)
- Tools to cope, survive and learn to thrive
- Grounding, mindfulness, emotional regulation
- Allowing humanity and kindness for yourself
- Self-care

What you'll receive...

- A PTSD manual that you can use in class or on your own (no one looks at this but you)
- Facilitation and access to a professional therapist and mental health counsellor with a decade of experience (Masters of Social Work and Veterans Affairs Canada approved therapist)
- A peer support facilitator with over 23-years' military service and over 5 years peer support facilitation, and his own PTSD journey
- Nowhere in Canada can you find a civilian professional and military veteran combination leading a peer support group like this.

To participate or ask more questions, please contact:

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**To learn more about Matthew Miller visit,
NowFeelGood.com**



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