

Resourced & Resilient

An 8-week trauma therapy group for 2SLGBTQ+ adults who have experienced childhood trauma

What to Expect:

Participants explore different models, skills, and strategies to support their recovery from the long-term impacts of childhood trauma. This group is offered as part of a broader research study with Women's College Hospital.

At the beginning and at the end of the program the participants will complete questionnaires regarding their mental health and receive a small token of appreciation.



Time & Date

Fridays, 1 - 2:30 p.m.

8-weeks, starting March 13, 2026 (skip April 3)

Location

Virtual, on Zoom



Registration

Pre-screening conversation is required.

Connect with Family Service Toronto Service Access Unit at:

416.595.9618 | sau@familyservicetoronto.org



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