



# Resourced & Resilient

An 8-week trauma therapy group for women 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

**Wednesdays, 11 a.m. - 12:30 p.m.**

8-weeks, April 15 - June 3, 2026

### Location

**In-person**

355 Church St., Toronto

## Registration

Pre-screening conversation is required.

Connect with Family Service Toronto Service Access Unit at:

**416.595.9618 | [sau@familyservicetoronto.org](mailto:sau@familyservicetoronto.org)**



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