



# 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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