



# Resourced & Resilient

An 8-week trauma therapy group for men 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

Tuesdays, 11 a.m. - 12:45 p.m.  
8-weeks, starting April 21, 2026

## Location

Virtual, on MS Teams



## 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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