

# Rise Up:

## A Trauma Recovery Group for Queer Identified People

Mondays, 4:30-6:30 pm  
October 17 – December 19, 2016  
Jarvis & Gerrard, Toronto

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### Are you LGBTQ and struggling with:

- Living the life you want to live?
- Repeatedly finding yourself in unhealthy friendships or intimate relationships?
- Feeling lonely/isolated and unable to establish stable and reliable connections with others?
- Low self-esteem, self-blame/shame, a harsh inner critic?
- Trusting others & yourself?
- Setting boundaries, saying no, and being able to negotiate your needs?
- Patterns of numbing/avoidance/detachment through alcohol, drugs, partying, pick-ups, isolation, self-harm, Netflix, social media?
- Disengagement from people and activities that could benefit you?
- Depression, anxiety, or PTSD?

Do you think these struggles might be connected to your history of traumatic experiences in your family of origin or growing up years?

Trauma includes childhood and teenage experiences of abuse (physical, emotional, sexual), neglect, bullying, difference, and dysfunctional family dynamics.

This 10-week group will offer evidence-based tools and interventions, insights, and opportunities to share, learn and move forward in a safe, confidential, queer-positive environment.

Program Fee of \$800 includes 10 weekly group sessions and a 1-hour individual pre-group intake. We will offer separate groups for women and men, (as you identify yourself) depending on numbers.

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Contact Amy Babcock at 416-893-1973 or  
[a\\_babcock@hotmail.com](mailto:a_babcock@hotmail.com) by September 23, 2016



### Brenda Ponic, MSW, RSW

*Brenda has been a trauma therapist for over 30 years. She has worked extensively within the queer and trauma services communities. She was lead social worker at a local Family Health Team until she recently went into full-time private practice.*

**647-228-4582**

**[www.brendaponic.ca](http://www.brendaponic.ca)**



### Amy Babcock, MSW, RSW

*Amy has 20 years of clinical experience working with queer communities and in the area of trauma and recovery. She works full-time in a hospital based family practice clinic, and offers private practice services on evenings and weekends at the Toronto Healing Arts Centre.*

**416-893-1973**

**[www.moveforwardcounselling.com](http://www.moveforwardcounselling.com)**