

## Shift the Shame!

# Understanding and Managing the Impacts of Childhood Sexual Abuse

Stepping Out is running **FREE 8-week programs** on understanding and managing impacts of the trauma of childhood sexual abuse.

Workshops are psychoeducational with peer support, facilitated by specialist counsellors in a safe space where survivors feel heard, validated and less alone.

- Programs are delivered both in person or online
- Debriefing offered by counsellors after workshops
- Referrals to ongoing specialist counselling

“I can now see that ‘keeping quiet’ has had a big impact on me. I know now that my feelings are normal, and can stop punishing myself.”



Contact us  
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