



Trauma -informed Support Groups



**Trauma-informed Support Groups
to help survivors recover from the
effects of living with sexual violence
and/or domestic abuse**

Who we are

RSACC is a feminist, women led charity working to end rape and sexual violence by supporting and empowering survivors across Darlington and County Durham. We offer free, safe support to all survivors who have experienced any form of sexual abuse at any time in their lives.

Trauma-informed Support Groups

We offer a range of Trauma-informed Support Groups. These Groups provide additional support to those who have experienced sexual violence, domestic abuse or those who support them.

Our groups are open to self-identifying women aged 18+. If you have any questions about this please contact Kate@rsacc-thecentre.org.uk

"Meeting other survivors and having my feelings validated has been a massive support. I now understand I am not alone."

(Durham Trauma-informed Support Group member)

"Attending the group has begun my healing journey and boosted my self esteem."

(Domestic Violence Recovery Toolkit member)

Trauma-informed Support Groups on offer:

Please check the Trauma-informed Support Groups page of our website for the up to date list of groups. The type of Groups we have or may currently be running include peer support and toolkits.

"The information and support I have received from the group is amazing."

(Darlington Trauma-informed Support Group Member)

If you would like more information about the Mindfulness Group or to book a place please contact:

Tel: 01325 354 119 or info@rsacc-thecentre.org.uk