



Kamloops Sexual Assault Counselling Centre

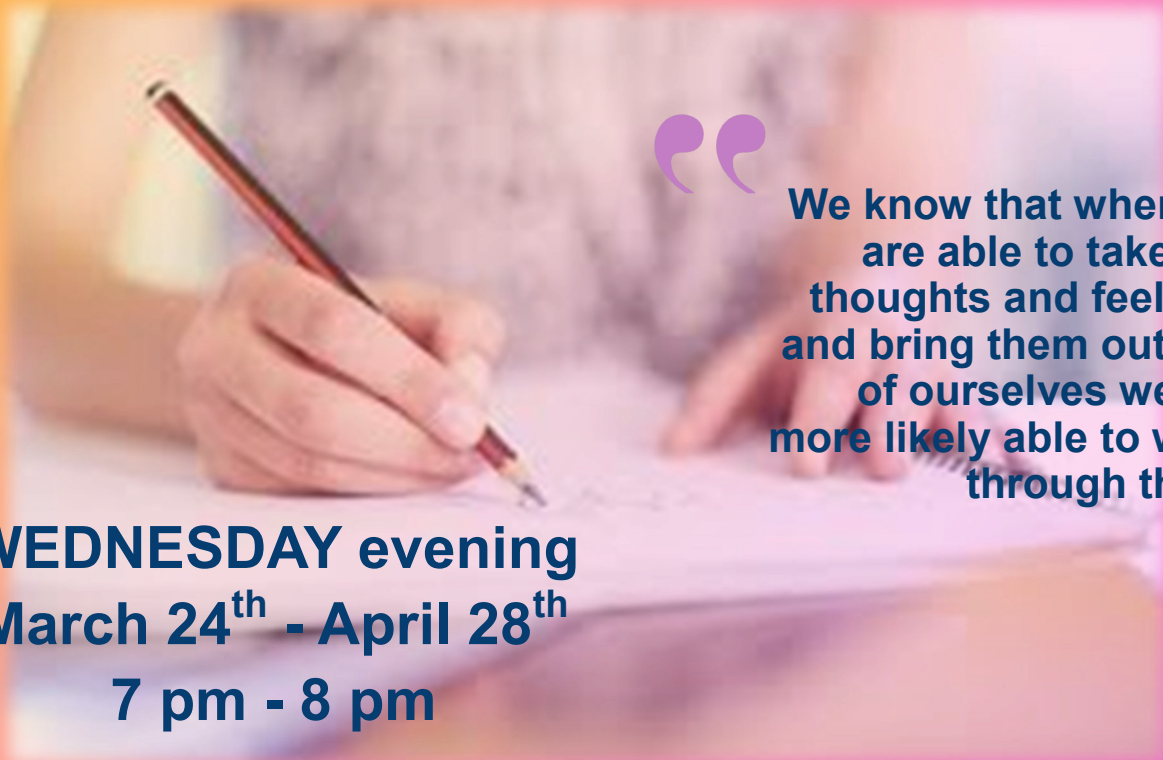
KSACC Virtual Groups

# SCRIBBLE IT OUT

## Guided imagery for survivors

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This one hour evening group will work through topics like resiliency, resistance, hope, self compassion and shame, *all with a pencil and paper.*



We know that when we are able to take our thoughts and feelings and bring them outside of ourselves we are more likely able to work through them.

**WEDNESDAY evening**  
**March 24<sup>th</sup> - April 28<sup>th</sup>**  
**7 pm - 8 pm**

This is a closed group and space is limited.  
For more information or to register, contact [groups@ksacc.ca](mailto:groups@ksacc.ca).

[www.ksacc.ca](http://www.ksacc.ca)

