

# YWCA Stepping Stones' Teen Support Group: A Journey to Healing



for teen survivors of sexual assault (ages 13-17)

**January 11 – April 11, 2012**

**Wednesdays from 4 – 5:30 pm**

YWCA McLean County  
1201 N. Hershey Road, Bloomington  
(Administrative entrance, lower level)

## Part 1 – Empowerment

January 11	Introduction; Growing up female in today's society
January 18	What Do You Know and How Do You Feel About Your Body?
January 25	Physical Boundaries; Emotional Boundaries: Setting Limits and Asking for What You Want
February 1	Self-Esteem and Self Care
February 8	Relationships
February 15	Sexuality

## Part 2 – Trauma Recovery

February 22	Understanding the Effects of Past Trauma- Paper dolls
February 29	Feelings
March 7	What are Physical, Sexual and Emotional Abuse?
March 14	Past, Present, and Future Collage
March 21	Past, Present, and Future Collage (Continued)
March 28	Blame, Acceptance, and Forgiveness
April 4	Healthy and Unhealthy Coping
April 11	Closing Session

## information

**Must pre-register by Friday, January 6.** To register for the group or set up an appointment for individual counseling, contact Valerie Parker, YWCA Stepping Stones therapist, at **309-831-5511** or [vparker@ywcamclean.org](mailto:vparker@ywcamclean.org) or Nicole Kirstein, Stepping Stones counselor, at **309-662-0461** or [nkirstein@ywcamclean.org](mailto:nkirstein@ywcamclean.org). Group size is limited.

## about Stepping Stones

Stepping Stones provides **free and confidential** support services to sexual assault survivors and their loved ones (including survivors of child sex abuse.) Those who seek Stepping Stones services receive the information they need to make their own educated decisions about what to do next.

**YWCA McLean County**  
**Stepping Stones Sexual Assault Program**  
1201 N. Hershey Road  
Bloomington IL 61704  
309-662-0461 office  
309-827-4005 24-hour hotline  
[www.ywcamclean.org](http://www.ywcamclean.org)

**eliminating racism**  
**empowering women**  
**ywca**