

RAPPAHANNOCK COUNCIL AGAINST SEXUAL ASSAULT



STOP. CREATE. BREATHE.

**An Art Therapy Group for Survivors of Sexual
Violence experiencing PTSD symptoms**

Every Third Monday of the Month 6:30-8:00

**RCASA Office: 3331 Shannon Airport Circle,
Fredericksburg, VA 22408**

Led by a board-certified, registered art therapist, this group invites participants to engage in mindful art-making processes in a welcoming, safe environment. Participants will learn about common posttraumatic stress symptoms and develop skills in order to improve emotional regulation, instill a sense of personal safety, and regain the power to effectively respond (rather than react) to life's stressors.

Artistic skills are not necessary! All supplies will be provided.

RCASA OFFICE: 540-371-6771 / CRISIS HOTLINE: 540-371-1666