

Wise Mind Workshop

RAPE RECOVERY CENTER FALL 2009

This is a nine-week mindfulness-based workshop
for women impacted by sexual violence.

Monday afternoons, 2 pm - 4 pm
at the Rape Recovery Center

Areas of focus include:

- Empowerment
- Connection to Self
- Personal Safety and Boundaries
- Emotion Regulation
- Distress Tolerance,
- Interpersonal Effectiveness Skills
- Multifaceted Impact of Sexual Violence

Our next session begins in October 2009.

For more information about this group or future session dates
please contact Diana Thomas or Beth McCadden at 801.467.7282.

An intake is required before participation.

Rape Recovery Center
2035 South 1300 East • Salt Lake City, Utah • 801.467.7282
www.raperecoverycenter.org

The Rape Recovery Center strives to provide a welcoming, inclusive
and culturally sensitive environment.