



# BEYOND

## **A Group for Women Survivors of Trauma**

**BEYOND** is an art therapy group for women who have experienced complex trauma, a history of sexual abuse or assault, childhood abuse or neglect, or abusive relationships.

**With an emphasis on mindfulness and self-compassion, this group focuses on our capacity for healing and wholeness through connection and self-expression. Art therapy gives voice to experience through visual and symbolic expression while engaging the mind, body, and spirit.**

**When words fail, art prevails.**

When: Saturday 4:30 – 6:00 PM  
(Intake Consultation Required)

Where: West Valley Counseling Center

Cost: \$30 per session



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