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Write.
 Explore.
 Share.
 Expand.
 Heal.
 Listen.
 Experience.
 Transform.

All necessary materials provided, but feel free to bring your favorite healing journals and tools. No experience necessary!

\$10* donation per session requested

HOPE FOR HEALING...

...is designed to spur healing, new growth, and empowered creativity.

WRITING TO HEAL: TRANSFORMATION THROUGH WORDS

Surrounded by a supportive community, guided self-exploration can begin to repair the damage done by sexual (and other) violence.

Although all survivors and supporters are welcome, these events are specifically designed to support LGBTQI and male sexual violence survivors in reclaiming and re-creating whole, vibrant, healthy lives through:

- Trauma-informed, structured in-person healing exercises: words, images, movement, voice
- An opportunity to share your writing and healing journey
- A chance to network with other survivors and loving allies
- Weekly "homework" suggestions
- Listserve comprised of other survivors and direct email support

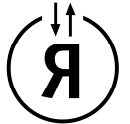
Everyone Welcome!

- October 11, 2007 — Who am I?
- November 8, 2007 — Guilt
- December 13, 2007 — Anger
- January 10, 2008 — Shame & Stigma
- February 14, 2008 — Triggers
- March 13, 2008 — Sexuality
- April 10, 2008 — Taking our Power Back
- May 8, 2008 — Gratitude

**Thursdays
 7:00—8:30pm**

*All programming takes place at the LGBT Community Center
 315 W. Court Street, Milwaukee, Wisconsin*

** No one turned away for lack of funds*



No Pity. No Shame. No Silence. No Pity. No Shame. No Silence. No Pity. No Shame. No Silence.