

ARE YOU STRUGGLING TO COPE?

Find relief in this 10-week course.



AWAKENING

Built for adult sexual assault survivors with substance use

Let us help guide you through an understanding of your trauma and the related tendency toward using substances to cope with these experiences.

We'll help you identify the personal impact of trauma in your life, recognize triggers, learn healthy coping strategies, establish a prevention plan and secure resources for your long-term support and growth beyond these 10 weeks.

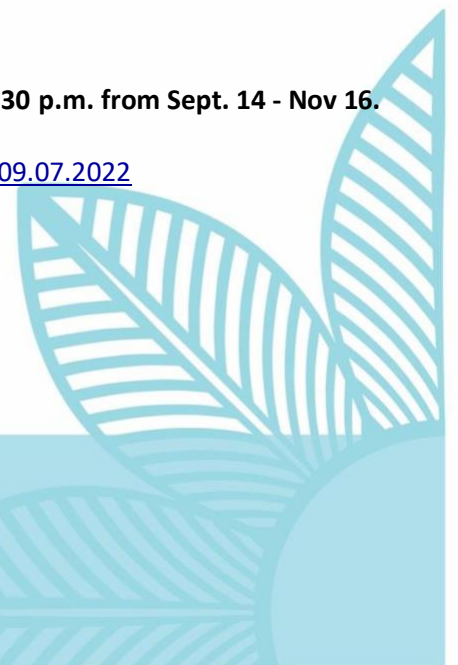
Awakening Schedule

Week 1	09.14.2022	5:30 p.m. - 7:30 p.m.	Week 6	10.19.2022	5:30 p.m. - 7:30 p.m.
Week 2	09.21.2022	5:30 p.m. - 7:30 p.m.	Week 7	10.26.2022	5:30 p.m. - 7:30 p.m.
Week 3	09.28.2022	5:30 p.m. - 7:30 p.m.	Week 8	11.02.2022	5:30 p.m. - 7:30 p.m.
Week 4	10.05.2022	5:30 p.m. - 7:30 p.m.	Week 9	11.09.2022	5:30 p.m. - 7:30 p.m.
Week 5	10.12.2022	5:30 p.m. - 7:30 p.m.	Week 10	11.16.2022	5:30 p.m. - 7:30 p.m.

This program is FREE to all participants

Participants will commit to weekly zoom sessions every Wednesday evening @ 5:30 p.m. from Sept. 14 - Nov 16.

To sign up or inquire, please email: sas-info@amhc.org Registration Deadline 09.07.2022



*This course is designed to facilitate your healing from addiction and sexual trauma. It is open to adult survivors of **any** historical sexual trauma/ trespass as defined by you, the survivor, who has sought relief through substance use and is **not gender-specific**.*