

## Adult Survivors of Child Abuse

### Cowra Support Group

Meets 1<sup>st</sup> Friday of each month  
Share strategies to enjoy a better life  
Free and Confidential  
Safe environment

No need to tell your name, nor your story

**Interested?** Call the co-ordinator on **6342 1612**.  
Internet access via: [recover.itmatters.com.au](http://recover.itmatters.com.au)

#### The support group is:

- for male or female adult survivor of any kind of child abuse, from any community
- an opportunity to be re-assured others behave in a similar pattern, and share similar feelings,
- to share strategies to enjoy a better life
- a way to break the isolation
- to help find a local therapist

#### Useful Resources

as at September 2018

*Blue Knot Foundation* [www.blueknot.org.au](http://www.blueknot.org.au);  
Helpline: **1300 657 380**; Birchtree Centre  
[www.birchtreecentre.com.au](http://www.birchtreecentre.com.au); *Mental Health  
Information and Support Service: 1800 011 511*;  
*Headspace (12-25yo):* [www.headspace.org.au](http://www.headspace.org.au)

Also check out useful books at the local library:

- The Courage to Heal, Ellen Bass & Laura Davis (*Focuses on female survivors of sexual abuse*)
- Victims no longer, Mike Lew (*Focuses on male survivors of sexual abuse*)
- The Silent Crisis, Amanda Robinson  
*Advice to parents to help children to recognise and avoid abusive situations, to try and break the cycle of abuse*

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