

Adult Survivors of Child Abuse

Cowra Support Group

Meets 1st Friday of each month: 12:30-14:30

Sharing strategies to enjoy a better life

Free and Confidential

Safe environment

No need to tell your name, nor your story

Interested? Call the facilitator on **0458 698 460**

Internet resources via: heal.itmatters.com.au

The support group is:

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

Useful Resources as at April 2025

Blue Knot Foundation blueknot.org.au - Helpline: **1300 657 380**; Survivors and Mates Support Network www.samsn.org.au – **1800 472 676**; Mental Health Information and Support Service: **1800 011 511**; Headspace (12-25yo): www.headspace.org.au

Also check out useful books at the Central West 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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