

## *One Day Workshop* for Family and Friends of Victims-Survivors of Childhood Sexual Abuse

When someone you care about begins to talk about their childhood sexual abuse, many of us don't know how to respond. What do I say? What do I do when they are having a flashback? Is it normal to feel impatient, angry, hopeless, and exhausted? Do others feel guilty for wanting this to end? Is it selfish of me to wonder who can I talk to? Family and friends often share feelings of the trauma, shame, and powerlessness felt by the victim-survivor. Very often the best way to support a victim-survivor is to take care of yourself and get the support you need too. If you have had similar thoughts the Office of Assistance Ministry of the Archdiocese of Chicago would like to invite you to attend a free one day workshop for family and friends of Victim-Survivors of Childhood Sexual Abuse. A licensed clinical social worker will lead the program on **Saturday, January 14, and again on Saturday, February 4, 2012.** For more information, call Kathleen Leggdas at (312) 534-5268.



## Healing Garden

Archdiocese of Chicago