

## Register for FTP's A New Day group

Registration is now open for the fall A New Day group at Family Transition Place (FTP).

A New Day is a 10-session group for women to help understand why the harmful effects of sexual abuse don't have to last forever. The impact of sexual abuse usually leaves one feeling vulnerable, violated, ashamed and guilty. In a respectful and safe environment, this group provides an opportunity for women to develop emotional and self-soothing strategies, understand the cause and effect, improve interpersonal skills, increase self-awareness, and reconnect the mind, body and soul in order to build and maintain resilience.

This group runs Thursdays, from Oct. 10 to Dec. 12, from 5 to 6:30 p.m. at Family Transition Place, 20 Bredin Pkwy., in Orangeville .

Registration is on a first-come, first served basis. Space will fill up quickly. Register by calling 519-941-4357 or 905-584-4357.