



Presents

ASCA Group

A group for Adult Survivors of Child Abuse



If you are an adult who has a history of child abuse and would like to gain information, learn coping skills and increase your support system, then this is the group for you!

When: Tuesday Evenings (Call for Start Date)

Where: San Diego, CA 92108 (Mission Valley)

This is a 12-week group and possible topics to be covered are:

Boundary setting
Self-Esteem
Identifying and changing dysfunctional patterns of behavior
Relaxation techniques
Establishing healthy relationships
Coping with flashbacks or disturbing memories
Changing dysfunctional thoughts

**For any questions or further information, please contact our intake line
@ 619-692-0727 x118**