

NEW TIME!

Men's Support Group

**Wednesdays
5:30-7:00pm**

**Call to Sign Up
Now!**

Topics to be discussed:

- Information about sexual assault
- Symptoms of trauma and how to cope with them
- Masculinity
- Disclosing to loved ones
- Where do you go from here?

THE CENTER FOR HOPE & HEALING
Building Community Free From Sexual Violence

144 Merrimack St.
Suite 304
Lowell, MA
01852

Phone: 978-452-7721
Hotline: 800-542-5212

You are not alone.



"The day I came forward, I began to heal."

Gary Bergeron
(Male Survivor, author of "Don't Call Me a Victim")

1 in 6 Men

have experienced sexual abuse*

by the time they were 18 years old.

*Sexual abuse includes, but is not limited to: forced sex,
childhood sexual assault, incest, non-consensual touching, etc.

