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:** TBA

**Where:** San Diego, CA 92108 (Mission Valley) or Telehealth Video

This is a 18-21-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

**Cost:** Sliding Scale fee

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