



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**