

**Sexual Assault Survivors'  
Support Group:  
Therapeutic Yoga**

**910 485 7273**

- Starting **July 17<sup>th</sup> at 12 noon** on **Tuesdays** we will be offering a support group for survivors of sexual assault.
- The group will run for five weeks.
- This is a **Free** service.
- Open to adult women.
- This group will be a Victim-Centered yoga that practices restorative poses.
- Postures will be infused with techniques for coping with anxiety and trauma symptoms.
- Please call **Rape Crisis Volunteers of Cumberland County** in Fayetteville for the location and with any questions.

