

ART THERAPY AT SURVIVORS MANCHESTER

break the silence, it stops with us!



WWW.SURVIVORMANCHESTER.ORG.UK

For more information call: 0161 2362128

Or email: support@survivorsmanchester.org.uk



TWO NEW ART THERAPY GROUPS

GROUP ONE

**FOR MALE SURVIVORS OF
SEXUAL ABUSE, RAPE, AND
SEXUAL EXPLOITATION**

GROUP TWO

**FOR FRIENDS AND FAMILY
OF MALE SURVIVORS WHO
HAVE BEEN AFFECTED BY
THEIR LOVED ONES
EXPERIENCES**

**BOTH GROUPS WILL RUN WEEKLY
FOR 12 WEEKS AND GIVE
PARTICIPANTS A CHANCE TO
WORK THROUGH THEIR
TRAUMATIC EXPERIENCES USING
PROVEN ART PSYCHOTHERAPY
TECHNIQUES**

CAN'T DRAW OR PAINT?

NO PROBLEM!

**IT'S NOT ABOUT MAKING GREAT
ART, IT'S ABOUT THE CREATIVE
PROCESS AND HOW IT ALLOWS US
ACCESS TO OUR INNER MOST
FEELINGS AND EMOTIONS**