

**You Are Not Alone!**

# Healthy Relationships for Childhood Sexual Abuse Survivors

**Are you a female survivor of childhood sexual abuse, seeking to recognise and navigate healthier relationships in your life?**

Stepping Out offers a **FREE six-week program** to enrich every relationship - from intimate partners and friendship to parenting and dealing with authority.

Delivered in a safe space by specialist counsellors, we can help you to heal from trauma and forge more meaningful connections within your community.



Email us for more information  
[info@steppingout.org.au](mailto:info@steppingout.org.au)

