

stepping up stepping out

F O R W O M E N O N L Y

Regain control of your life and overcome the effects of trauma through the expressive arts. Each session is an opportunity to ...

- receive the trust and support of other women who've been through similar life struggles
- discover your inner strengths and ways to apply them in your life
- express your feelings in a safe environment and give voice to the issues you struggle with while finding ways to cope
- move from a focus on the past to a focus on the present and future
- gain a fresh perspective on yourself, on your personal worth, and on your ability to enjoy a successful future
- regain control of your life by overcoming the effects of trauma you've experienced

GROUP FACILITATORS

Dr. Dale Savidge of the Applied Theatre Center is a registered drama therapist and theatre educator. He leads groups for White Horse Academy, Serenity Place, the Juvenile Detention Center and adults on the autism spectrum. He also directs the Playback Cafe acting company at Triune Mercy Center.

Beth Messick, Restoration Advocate for Triune Mercy Center, works with women who are victims of complex trauma, helping them heal and recover. She also teaches trauma classes at the Greenville County Detention Center and works with women who are survivors of sexual exploitation.

2nd & 4th Tuesdays, 1:15 – 2:30 pm
Triune Mercy Center, 2nd Floor, 222 Rutherford St., Greenville

