

# Pathways to Healing



An eight-week group program for female survivors of childhood sexual abuse.

Together we will explore:

Knowing and making friends with our nervous system  
Self-compassion and self-care  
Neuroscience – connecting brain and body  
Trust and boundaries  
Connections and relationships

We are offering two groups in term 2

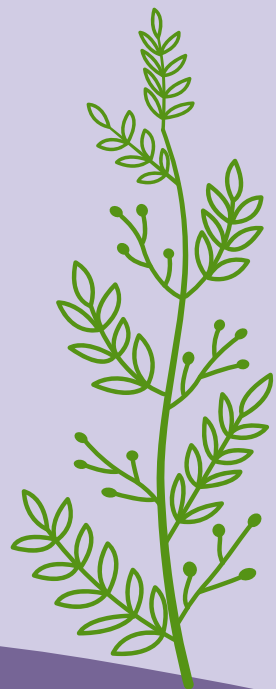
Tuesday 10 - 12.30pm May 4th - 22nd June

Thursday 10 - 12.30pm May 6th - 24th June

Cost: \$50-150 depending on what you are able to contribute  
(payment arrangements available)

Contact Beth for a confidential and friendly chat.  
Previous Heartfelt House participants are welcome.  
Registrations are essential.

Reach us at [beth.cronin@norwacs.org.au](mailto:beth.cronin@norwacs.org.au)  
or text/phone on 0432889665.



Heartfelt house is a small specialist service providing group work programs to adult survivors of childhood sexual abuse. We are based on beautiful grounds allowing us to incorporate nature into our healing-centred approach.