If you are a woman survivor...

of sexual abuse—if you have been brutalized, trafficked or sexually betrayed by a stranger, boyfriend, relative, husband, father, mother, pimp, john, brother, sister, babysitter, pastor, rabbi, coach, therapist, doctor, teacher, boss, military officer, mentor, in your community or tribe—if you have had to keep secrets about what has happened for the sake of the family or the community, to keep your job, to stay alive—we invite you to experience a TAKING BACK OURSELVES WEEKEND.

In partnership with MaleSurvivor.org, Taking Back Ourselves Weekend will offer women from all over the US and Canada a powerful opportunity to find the places in themselves that seem immovable in recovery, and to embrace their strength and sense of aliveness as women and as survivors Weekend.

Since 2001, MaleSurvivor.org has led the way in trying to provide healing weekends of recovery for thousands of men. But this kind of ground breaking experiential weekend has never been available for women. Rape recovery centers and dedicated individual therapists treat women survivors, but there are few if any opportunities for women to access both the expertise and the kind of experiences that this weekend can provide. Every member of the TBO team brings decades of experience, warmth, and skill with survivors of trauma.

Each woman will learn and implement tools for inner and outer safety, tell her story and be heard—and with the power of community—create a new map for recovery that will continue long after the weekend. Using incredible music, movement, art, mindfulness, and group process, the weekend will be a timely adjunct to participants’ ongoing healing work, twelve step programs, and individual spiritual journeys. It will be an opportunity to move each other forward—powerfully, joyfully, deeply—and to share in an amazing community of other survivors that will last long after the Weekend.

Join us
APRIL 24-26 2015
at HOPE SPRINGS INSTITUTE in Peebles, Ohio

register at www.takingbackourselves.com