

# Sprouting Resilience: A Gardening Group for Survivors



Sprouting Resilience is a free 6-week summer gardening group for adult survivors of sexual and/or interpersonal violence

## WHERE:

Regina Sexual Assault  
Centre  
1830 MacKay Street  
Regina, SK

## WHEN:

Bi-weekly Wednesday  
afternoons  
2:30 – 4:30 pm  
June 26<sup>th</sup> – September 4<sup>th</sup>

## WHAT TO EXPECT:

- ⇒ A supportive group environment
- ⇒ A bi-weekly topic and group discussion
- ⇒ **Gardening!** Each topic will be experienced through the gardening process

## REGISTRATION:

- Pre-registration is required
- ⇒ Please Call 306-522-2777 or email [rsac@sasktel.net](mailto:rsac@sasktel.net) to register
  - ⇒ A brief phone interview with one of our counsellors is required, to make sure this is the right group for you.

