PEGaSUS

Psycho-Educational Group for Survivors of Sexual Assault

a 10-week program designed for students of all genders who have experienced sexual violence. We hope that participants will feel able to share areas that they have found challenging in their healing as well as identify and celebrate their strengths.

Session Topics:
Week One – Effects of Sexual Assault
Week Two – Fear and Anger
Week Three – Sadness and Grief
Week Four – Shame, Guilt and Self Blame
Week Five – Managing Triggers and Flashbacks
Week Six – Healthy Coping and Self-Care
Week Seven – Self Esteem, Boundaries and Assertiveness
Week Eight – Intimacy, Sexuality and Body Image
Week Nine – Resilience, Hope and Empowerment
Week Ten – Social Connection and Support System

YOU ARE NOT ALONE. YOU HAVE RESILIENCE AND PERSONAL POWER.

The PEGaSUS program is adapted with permission from Queen’s University (Prah, H.A., 2015). Hosted by the Equity and Inclusion Office with sponsorship from the Women’s Campus Safety Grant.
Interested in joining the group?

Send an email to Hagar Akua Prah at prahh@mcmaster.ca with your name and preference for the fall or winter group. You will be provided the location of the group once you have checked in with the facilitator. Note that the groups are open and can be joined at any point.

**PEGaSUS offers you…**

- A supportive space open to students of all genders
- A confidential space to connect with others through mutual support and group education
- An opportunity to recognize your strengths, build resilience, and work towards self-empowerment

**Two available sessions** (Thursdays, 4:00 p.m. – 5:30 p.m.)

**Fall Term:** September 19 to November 28, 2019

**Winter Term:** January 23 to April 2, 2020

**Facilitators**

**Lead Facilitator:** Hagar Akua Prah, M.Ed., R.S.W.
Consultant on Sexual Violence Prevention and Response, Sexual Violence Prevention and Response Office (SVPRO)

**Co-Facilitator:** Tolulope Ojo, M.A.
Sexual Violence Prevention Education
Sexual Violence Prevention and Response Office (SVPRO)