

Sojourn Healing Secret Scars:

A Teen Recovery & Support Group for Self Injury

This group was designed to support girls and guys. It deals with the very prevalent practices of self harm. The topics cover the emotional and physical issues that may be involved.

Healing Secret Scars will be all about:

- Having support
- Developing knowledge and emotional self awareness
- It will give understanding about what recovery is
- It will empower teens to take control over self harm practices.

If you desire to overcome your struggle with self injury, this workshop can play a crucial role in your successful recovery.

For more information on this group or to register call 780 4491196.

Where: Sojourn Wellness Group
150-150 Chippewa Road
Sherwood Park, AB
(780) 449-1196
www.sojo.ca



Please call for more information; we realize that self injury is something that takes time to heal. This workshop is a starting point.