



## ROSA group

A support group for students who have experienced rape or sexual assault



## What will the group cover?

You will learn about:

- trauma and how it affects us physically and emotionally
- ways to cope with relationships and university life
- how your life has changed
- looking after yourself
- looking to the future

It is an opportunity for you to:

- Listen, talk, give and receive support
- Decide what you want to gain from the group
- Talk in pairs and small groups, do therapeutic activities such as drawing, moving about the room!
- Realise you have a lot to offer
- Talk about things that are difficult and important

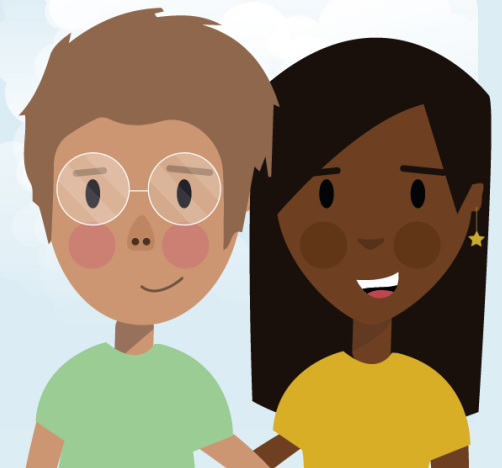
## What next?

If you think you might be interested in joining this group, you will need to have an appointment with Dorothy Louden or Sue Anderson before the start date, preferably by the end of January 2020

Please register your interest at:  
[intranet.birmingham.ac.uk/wellbeing/workshopsandgroups](http://intranet.birmingham.ac.uk/wellbeing/workshopsandgroups)

Sue or Dorothy will then get in touch with you to arrange a pre-group appointment. We look forward to meeting you.

Sue and Dorothy,  
Counsellors, Mental Health and Wellbeing Service  
0121 414 5130



# When and where

The group is held on Mondays in the *Beale Room (near the Aston Webb Student Hub)*, from 13:00-14:45 on:

- 10 February 2020
- 17 February 2020
- 24 February 2020
- 2 March 2020
- 9 March 2020
- 16 March 2020

For any further queries, please contact us on 0121 414 5130 or email [cw-workshops@contacts.bham.ac.uk](mailto:cw-workshops@contacts.bham.ac.uk)



# Who is this group for?

You can attend this group if you have been raped or sexually assaulted since the age of 16 and have reported, are thinking about reporting or prefer not to report, the incident to the police. Students who identify with any gender are welcome to attend.

The group is not suitable for people who have been assaulted in the last month or sexually abused in their childhood. We would suggest you consider individual support if this is the case.

If you have not been to court or reported the incident to the police, there will be no expectation for you to do so but we will talk to you about possible effects of coming to the group so that you can decide if it is right for you. We have an agreement that we will ask you to sign. once we have explained it fully.

# Top tips to remember...

Remember everyone will be nervous, not just you. It's normal!

You will never be made to talk if you don't want to but the more you take part, the more you'll benefit from the sessions.

The group is confidential and everyone is always respected.

Please make sure you attend all 6 sessions. Change involves a commitment both to yourself and to the others in the group.

