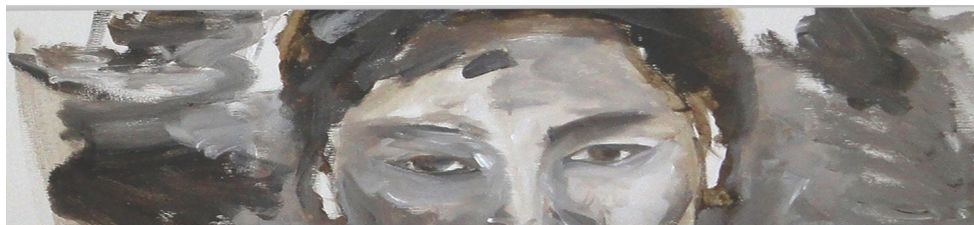


Depressed? Anxious? Angry? Confused? Experience bullying, gay bashing, gender/sexual abuse or domestic violence?

Release the past and connect with a deeper sense of self through
Self-Healing Techniques in Abuse Recovery

HEAL YOURSELF FROM TRAUMA & ABUSE



Learn recovery skills to assist healing and increase resilience to the physical and emotional trauma of violence and social prejudice.

Techniques for Abuse Recovery (LGBT 4800)

2 sessions to choose from:

August 17 – October 19, 2013 (8 classes; no class Aug. 31)

October 26 – December 21, 2013 (8 classes; no class Nov. 9 & 30)

Saturdays, 10 AM – 12 noon

CCSF Mission Center • 1125 Valencia St. (bet. 22nd & 23rd) • Room 254

Register: www.ccsf.edu or come to the first class session and sign up.

For questions, contact: Trinity Ordoná, Ph.D., trinity.ordona@mail.ccsf.edu, (415) 452-4895

To reserve a space in class: <http://tinyurl.com/LGBT4800-Fall13>



Free, Non-Credit 8-class Session • Open to the Public • You must be at least 18 years old to attend.



Dr. Trinity Ordoná has been teaching these methods to women, men, and transgender people since 2003. Trinity was named by Curve Magazine among the "20 Most Influential Lesbian Professors in the U.S." in 2008 for her transformational teaching and community organizing work. For more information:
<http://tinyurl.com/TrinityHealing>

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