



**PATHWAYS**  
COUNSELING CENTER

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## **FROM VICTIM TO SURVIVOR**

### **Conquering Our Painful Pasts, the Next Step in Recovery**

Early life traumas can have devastating effects causing difficult and lasting feelings of shame, fear, loneliness, and worthlessness.

Considering abuse histories in detail is necessary in order to heal. In this group talking, in order to understand how abuse led to behavior, does not excuse choices/actions but rather explains them.

Understanding brings validation and relief. We will be exploring through art-making as well.

Through sharing, members discover connectedness, safety and relief from difficult feelings and harmful thoughts.

You will receive information about trauma and childhood developmental stages.

Armed with information expect to connect dots and move forward in healing.

Feel power in accepting responsibility.

This group is very practical, challenging and fun.

This group is open (qualified men can join at any time). We welcome new members who are feeling ready to explore and share in depth. Group meets every 3<sup>rd</sup> Monday evening 6:00-7:30.

Please contact Carol Seydewitz MS LPC ATR to arrange screening before joining group.

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