

Women's Health Statewide

in association with RespondSA

presents a free Friday Forum on
27th July from 3–5pm

Acceptance and Commitment Therapy (ACT)

Come along and hear Dung Nguyen talk about how she uses ACT in her counselling work at RespondSA with adults who have been subjected to childhood sexual abuse. ACT incorporates mindfulness, acceptance skills, paradox, metaphor and a wide range of experiential exercises to change the relationship of the person to the effects of childhood sexual abuse.

Light refreshments are provided

Bookings on 8239 9600 are essential as places are limited.

Women's Health Statewide, 64 Pennington Tce, North Adelaide

Women's Health Statewide

WHS is a statewide women's health service that works within a feminist framework. We use a woman-centred approach that values women's experience and knowledge. Working with women subjected to childhood sexual abuse is a major area of our work and includes: a range of resources and training for workers in addressing violence and abuse and its effects, such as the Maternal Health and Childhood Sexual Abuse Project, The Care Of Adult Survivors of Childhood Sexual Abuse in General Practice Project, Sibling Sexual Abuse Project, and many more.

For further information contact Marg Rowntree 8239 9600

Respond SA, Adult Childhood Sexual Abuse Services

Provides a range of services for women and men, aged 16 years **and** over, who are survivors of childhood sexual abuse. Support is also provided for family members or friends of survivors. A free & confidential service provided by Relationships Australia (SA) and funded by the Government of South Australia.

Offers: telephone support, counselling (outreach services available), groupwork programs, advocacy, support through legal processes & training programs for service providers.

WHERE: 55 Hutt Street, Adelaide Tel. 8419 2000, 1800 176 900



Government of South Australia
Children, Youth and Women's
Health Service