



Precious Little Ladies Inc. presents:

A Survivor's Support Group.

Surviving abuse is an ongoing process.

Discover techniques for managing residual trauma and the PTSD associated with sexual abuse, domestic violence, and/or emotional abuse from people who **understand** where you're coming from—because they themselves have been there.

- **Learn** how to heal by sharing your story.
- **Brainstorm** ideas to help yourself and others
- Or come and **benefit** silently through listening and processing the **healing** energy of exchange.

Presented by author, motivational speaker, mom and survivor, **Aziza Kibibi**, PLL's survivor's support group uses the *helper therapy principle* — where each participant receives help while giving help through experiential knowledge.

Dates for 2017: Wednesday March 8; Monday April 10th; Monday May 8th; and Wednesday June 14th.

Time: 6–8 P.M.

Place: East Orange Public Library, 21 S. Arlington Ave, East Orange, NJ 07018. **Library Conference Room.**

Adhering to our mission, “**strengthening** the bond between **mothers** and **daughters** to combat child molestation and domestic violence,” we encourage you to bring your tween and teen daughters to take part in this enlightening experience. We will have child care assistance in the library's children's department if needed. For more info, please call 973-673-5429 or email

info@preciouslittleladies.org 