**Male Survivors’ Group - Phase 1**

The Male Survivors’ Group (MSG) Phase 1 is a highly structured, short-term group psycho-educational program. The evidence-based, trauma-informed material is delivered to the group in an eight-session modality. These 90-minute sessions are typically held on one evening per week over an eight weeks duration.

Participants are asked to commit to attending all sessions, as this is not a drop-in group and attendance/participation is directly correlated with healing, recovery and positive outcomes for all group participants. The dates and time of each MSG Phase 1 Group are scheduled based on the availability and needs of the group participants. There is no fee/cost to attend the Male Survivors Group – the program is provided free of charge to participants!

Prior to joining the group, potential participants of the MSG Phase 1 program will meet with one of our facilitators to complete an intake assessment in order to determine that this group is an appropriate fit for the participant, and to ensure the safety of all members in the group.

The focus of the Male Survivors Phase 1 Group is on learning about trauma, its impacts, and the necessary skill development for recovery. Specifically, the following topics will be explored in depth:

Internal Safety: Identify how one’s thoughts, feelings, and behaviours are separate yet intertwined; learn to trust oneself; learn new strategies for coping; embrace self-compassion.

External Safety: Establish comfort and safety with one’s surroundings; develop healthier relationships and boundaries with others; reduce risk taking.

Upon successful completion of the Male Survivors’ Phase 1 Group, participants who wish to continue with the Male Survivors’ Group will be encouraged to join the Male Survivors Phase 2 Group to deepen their understanding of this Phase 1 material, integrate these concepts into their own lives and further their healing journey.