

Sexual Abuse

One in four women is a survivor of sexual abuse. Survivors do not need to be silent anymore.

Let your voice be heard!

If you are a woman that was sexually abused, this group is for you!

INNER VOICE meetings are held: The second

Thursday of each month
at: 120 Cliff Street
Norwich, CT

from 5:00 pm to 6:00 pm

Register by calling

(860) 886-7511 x 204



When a woman needs a hope, a home, a family

For over 24 years, Bethsaida has provided housing for homeless women.

Due to neglect, abuse, and trauma, many of our women need a place to heal and strengthen -Katie Blair House and Flora O'Neil Apartments are that place.

*When a woman needs
a hope, a home,
a family*

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120 Cliff Street
Norwich, CT 06360
Phone: (860) 886-7511 x 204
Fax: (860) 886-7512
<http://www.BethsaidaCT.org>



INNER VOICE

*A FREE
Sexual abuse
support group
for women*

www.BethsaidaCT.org



When a woman needs a hope, a home, a family

INNER VOICE

is a FREE support group for women who are sexual abuse survivors. INNER VOICE is built on the premise that survivors can help each other. While we recommend all survivors receive individual mental health therapy, there is no therapist present during INNER VOICE meetings.

INNER VOICE uses literature from SIA (Survivors of Incest Anonymous) for opening and closing the meetings, and for group discussions. SIA is an internationally known 12 step group, which is modeled after Alcoholics Anonymous. Since 1982, SIA has provided literature and support to groups of survivors who are beginning their recovery and healing process.

12 Steps of SIA

- 1 We admitted we were powerless over the abuse, the effects of the abuse and that our lives had become unmanageable.
- 2 Came to believe that a loving Higher Power greater than ourselves could restore hope, healing and sanity.
- 3 Made a decision to turn our will and our lives over to the care of a loving Higher Power, as we understood Him/Her.
- 4 Made a searching and fearless moral inventory of ourselves, the abuse and its effects on our lives. We have no more secrets.
- 5 Admitted to a loving Higher Power, to ourselves and to another human being our strengths and weaknesses.
- 6 Were entirely ready to have a loving Higher Power help us remove all the debilitating consequence of the abuse and became willing to treat ourselves with respect, compassion and acceptance.
- 7 Humbly and honestly asked a loving Higher Power to remove the unhealthy and self-defeating consequences stemming from the abuse.
- 8 Made a list of all the people we may have harmed (of our own free will) especially ourselves and our inner child, and became willing to make amends to them all.
- 9 Made amends to such people where ever possible, except when to do so would result in physical, mental, emotional or spiritual harm to ourselves or others.
- 10 Continue to take responsibility for our own recovery and when we found ourselves behaving in patterns still dictated by the abuse, promptly admitted it. When we succeed, we promptly enjoy it.

- 11 Sought through prayer and meditation to improve our conscious contact with ourselves and a loving Higher Power as we understood Her/Him, asking only for knowledge of Her/His will for us and the power to carry that out.
- 12 Having had a spiritual awakening as a result of these steps, we carry this message to other survivors and practice

The mission of Bethsaida Community is to create a hope, a home, a family for homeless or at risk women, by providing a supportive environment that encourages healing, personal growth and independence.

Thank you for supporting our work and believing in such deserving women!



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