



N.O.S.I.S.

"No One Suffers in Silence" SEXUAL ABUSE CARE GROUP

Giving Voice to The Silent



For I know the plans I have for you "declares the Lord". Plans to prosper you , not to harm you, plans to give you hope and a future. Jeremiah 29:11

N.O.S.I.S. NO ONE SUFFERS IN SILENCE is a faith-based care group dedicated to assist adult survivors of childhood sexual abuse focus on restoration, healing, and hope.

N.O.S.I.S. will serve as a safe place for the "voice of the silent" to break the silence, and move forth in the journey to heal".

Group Sessions

Every 3rd Thursday 7pm at
The Center for Manifestation
3102 E. Lake Ave
Tampa, Fl. 33610

Phone Sessions

Every 1st, 2nd, and 4th Wednesday
Calls are Free

Sessions located in youth building next to Barbeque Pit

TOPICS OF DISCUSSION:

N.O.S.I.S addresses some of the common issue associated with sexual abuse:

Anxiety, Fears & Insecurities

Guilt & Shame

Sense of inadequacy & Suicidal thoughts

A perception of self as victim, self-destructive behaviors

Rejection & Abandonment issues

Anger & Rage

Low self-esteem or self-worth

Trust

Intimacy & Relational issues Spirituality

For more information about N.O.S.I.S text keyword NOSIS at (813) 731-2477

Or E-mail: LisaJ4NOSIS@aol.com

To register go to www.noonesuffers.org