



THE SURVIVORS' CIRCLE

SUPPORT GROUPS FOR STUDENT SURVIVOR-VICTIMS OF SEXUAL HARM

Sexual harassment can have lasting effects on individuals' emotional, psychological, physical, and financial well-being. Yet, finding the right support is often challenging. That is why we created the Survivors' Circle: **a weekly support group for student survivor-victims of sexual harm.**

The Survivors' Circle is led by queer-affirmative and trauma trained therapists. It is a confidential space for people who have similar challenges to share. The group aims to believe stories of survivor-victims, create a community of healing, and equip participants with tools to navigate their recovery.

GROUP 1

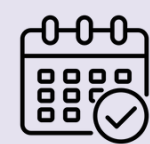


Starting 16-Oct-2023, every Monday at 7:30 pm IST for 8 weeks.



Open to anyone who identifies as a woman, is a student, is above 18 years of age, and is a survivor-victim of **any** form of sexual harm.

GROUP 2



Starting 8-Jan-2024, every Monday at 7:30 pm IST for 8 weeks.



Open to anyone who is a student, is above 18 years of age, and is a survivor-victim of **any** form of sexual harm. This is a gender inclusive space.



LOCATION: in a private and secure online meeting. An access link will be shared upon registration.



FEE: ₹250/per session. If you require a complete fee waiver, please write to us at info@tcrindia.org.



DURATION: sessions will last between 60-75 minutes.



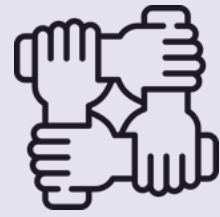
PLEASE SCAN THIS QR CODE TO REGISTER



OBJECTIVES FOR THE SURVIVORS' CIRCLE



PROVIDE SUPPORT



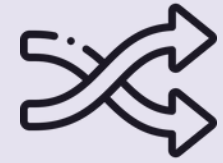
EMPOWER



FOSTER
COMMUNITY



EDUCATE



ADVOCATE FOR
CHANGE

MEET YOUR FACILITATORS



NAINA SHAHRI (SHE/HER)

Naina is a counselling psychologist based in Mumbai, India, holding a Master's Degree in Applied Psychology with specialisation in Counselling Psychology from Tata Institute of Social Sciences.

Her approach to therapy is rights-based, feminist, LGBTQ+ affirmative, and trauma-informed. She has been practicing in the mental health field for more than 6 years, believing that mental healthcare is a right that everyone deserves.



AHLA MATRA (SHE/HER)

Ahla is a counselling psychologist based in Mumbai, India. She holds a Master's degree in Applied Psychology with a specialisation in Clinical Psychology from the Tata Institute of Social Sciences in Mumbai.

Her therapeutic approach is firmly rooted in social justice and intersectional feminism. With a career spanning 6 years in the mental health field, Ahla currently runs her private practice in Mumbai.



ABOUT THE CENTRE FOR RESTORATION

TCR is a dedicated non-profit organisation employing restorative justice principles and practices to address sexual violence within India's student communities. It was founded in 2021 by 2 former ICC student representatives, [Priyanka Mehta](#) and [Yukti Saumya](#).



Our steadfast mission is to cultivate empathetic student communities across the nation, ensuring that trauma-informed, representative, and affordable social support is readily accessible in the face of sexual misconduct. At TCR, we understand that cases of sexual misconduct are fundamentally cases of trauma. Therefore, our focus lies on prioritising trauma mitigation, recovery, safety, and empowerment for individuals and communities alike. Our multifaceted projects span four essential categories: wellness, justice, truth-seeking, and non-recurrence.

Our work goes beyond addressing the immediate aftermath of sexual violence; we aspire to create lasting change by empowering individuals and communities to heal, seek justice, and prevent future harm.

 **WRITE TO US:**

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- ahlamatra94@gmail.com

