

What We Offer

We offer a variety of groups, in six-week blocks, throughout the year. Contact us to find out when the next block starts.

All of our groups are currently available to adults over 18 years of age.

Confidentiality is at the forefront of all our groups. It is agreed upon within the group from the outset to ensure a confidential and supportive environment.

A safe space is also offered to participants before, during, or after sessions if required.

"I've had a lot of one-to-one therapy, but it's so good just to be in a room with people who've been through the same as I have; with people who 'get' me." - survivor

Contact Us

You can contact us about groupwork on:

phone: 01343 550407

email: contact@morayrapecrisis.scot

web: www.morayrapecrisis.scot



External Support Agencies

Rape Crisis Scotland Helpline

open daily from 5pm-midnight for anyone aged 13+

call: 0808 801 0302

text: 07537 410 027

email support:

support@rapecrisisscotland.org.uk

SARCS

NHS Sexual Assault self-referral phone service open 24/7 and free to use

call: 0800 148 88 88

Welcome to Group Support

Groups can seem daunting but there is ongoing and consistent evidence that they are positive and healing, offering hope and social connection, reducing shame and normalising feelings after trauma.



Moray Rape Crisis is a registered Scottish Charitable Incorporated Organisation No: SC050532

Capacitar at MRC

Capacitar means to empower, encourage and bring one another to life. It's the name of an international organisation that works with survivors of trauma.

This group is psycho-educational, and offers Capacitar's evidence-based tools and practices to manage the effects of post-traumatic stress as it impacts our daily lives in the present.

We don't share anything about personal trauma, and indeed there is no need to share anything at all. The focus is on an inner journey towards healing.



All Write

A creative writing group for all abilities.

It doesn't matter if your spelling is unique and your grammar haywire; it's all about having fun with words, in the infinite playground of 26 letters.

Sing Out

Music and singing are proven to have many health and wellbeing benefits as well as giving us another way for our voice to be heard.

This group focuses on singing for fun and wellbeing, and requires no previous experience. All abilities are welcome. Participants choose songs they want to learn and lyric sheets are always on hand.

This is a social group where no one is required to discuss their trauma. This is an opportunity to try something new (or old...) in a safe, supportive environment.



In the groups no-one shares their individual experience of trauma; any discussion of trauma is on a general basis.

Project Forte

Following research into the role fencing can have in processing trauma we are delighted to work in partnership to offer Project Forte.

This group introduces participants to fencing – the skills, equipment and tactics involved in this sport. Sessions are taken at the pace of each group member and games are used to introduce new skills on a weekly basis.

Project Forte introduces a range of concepts which links fencing to managing the challenges of surviving trauma while learning a new skill and meeting others who have experienced sexual violence.

This group is suitable for people who have finished support within the Therapeutic Support Service.



**"I feel I have coping skills I can use, and more hope. I can get through this."
- survivor**