



**FOR IMMEDIATE RELEASE**

**May 14, 2008**

**HelpLine Offers Survivor Support Workshops in June**

Delaware, OH – HelpLine of Delaware and Morrow Counties, Inc. (HelpLine) will offer two workshops for survivors of sexual assault on Thursday, June 5 in Delaware County and Thursday, June 19 in Morrow County from 6:00 p.m. to 8:30 p.m.

The workshops will feature activities that are designed to empower sexual assault survivors with information on how to cope and transcend the trauma associated with sexual assault. Session topics will include post-traumatic stress disorder, life planning, and developing support systems.

“Healing often thrives in supportive and therapeutic environment,” said Ruth Reeve, Sexual Assault Response Network Coordinator for HelpLine.

“These workshops are designed to promote healing and empower survivors to reclaim their hope and ultimately, their lives.”

Survivors will also learn techniques to nurture the healing process including journaling, meditation and calming exercises.

The workshops are open to survivors and their families from Delaware and Morrow Counties. There is no fee to register and refreshments will be provided. Due to the sensitivity and confidential nature of the workshops, the location will be disclosed upon registration.

“We want everyone to come away from this experience knowing that there is support, hope and life beyond their experience – they are not alone.”

For more information or to register, contact Ruth Reeve L.I.S.W, at 1.800.684.2324 or visit us online at [www.helplinedelmor.org](http://www.helplinedelmor.org).

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**About HelpLine**

HelpLine of Delaware and Morrow Counties, Inc. is a private, non-profit organization that provides a 24-hour crisis support hotline, information and referral to direct services and advocacy, and serves as the area’s only volunteer center. Committed to empowering people through knowledge, support and resources, HelpLine facilitates the stability and self-sufficiency of the emotional and financial needs of the Delaware and Morrow County communities. HelpLine is a contract provider of the Delaware-Morrow Mental Health & Recovery Services Board and partially funded by the Council for Older Adults. A United Way Agency, HelpLine is accredited by the American Association of Suicidology,

National Alliance of Information & Referral Systems and certified by the Ohio Department of Mental Health. For more information, please visit:  
[www.HelpLinedelmor.org](http://www.HelpLinedelmor.org).

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