

Supporting Men with Sexualized Violence and Trauma

February 5, 2026

1:30-3:00pm MT

Supporting Men with Sexualized Violence and Trauma is a grounded, compassionate session designed to help men and women name, understand, and begin to heal the wounds of sexual harm. Through guided reflection, nervous-system education, and trauma-informed practices, participants learn to reconnect with safety, agency, and their own body's truth. This session offers a steady, stigma-free space where men can reclaim dignity, rebuild trust, and move toward wholeness at a pace that feels right.



Learning Outcomes:

- Understand the impacts of sexualized violence on the male nervous system, identity, and relationships
- Learn grounding and regulation tools to navigate triggers, shame, and overwhelm in the day-to-day life
- Develop language and frameworks to safely name their experience without collapsing, minimizing, or dissociating
- Rebuild a sense of agency and self-trust, gaining practical steps toward long-term healing and support

Speakers:

Graeme Ford - BAed, BACYC. MA, RCT Registered Therapeutic Counsellor, Founder/CEO of Man Aligned Mens work as well as Founder/CEO of Graeme Ford Counselling. I have experience working with first nations communities across the country



Target Audience: Men who would benefit most from this session include those who have experienced sexualized violence—whether recently or in the past—and are seeking a safe, grounded place to understand its impact. It's also well-suited for men who carry unspoken shame, confusion, or body-based symptoms they haven't linked to earlier experiences. Additionally, those supporting men through trauma—partners, helpers, or professionals—may gain valuable insight into how to offer steadier, more trauma-informed care.

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<https://fntn.ca/Home/Register-VC?eid=22683>

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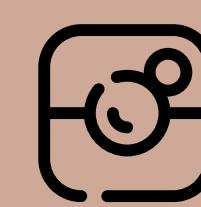
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