

# LOTUS



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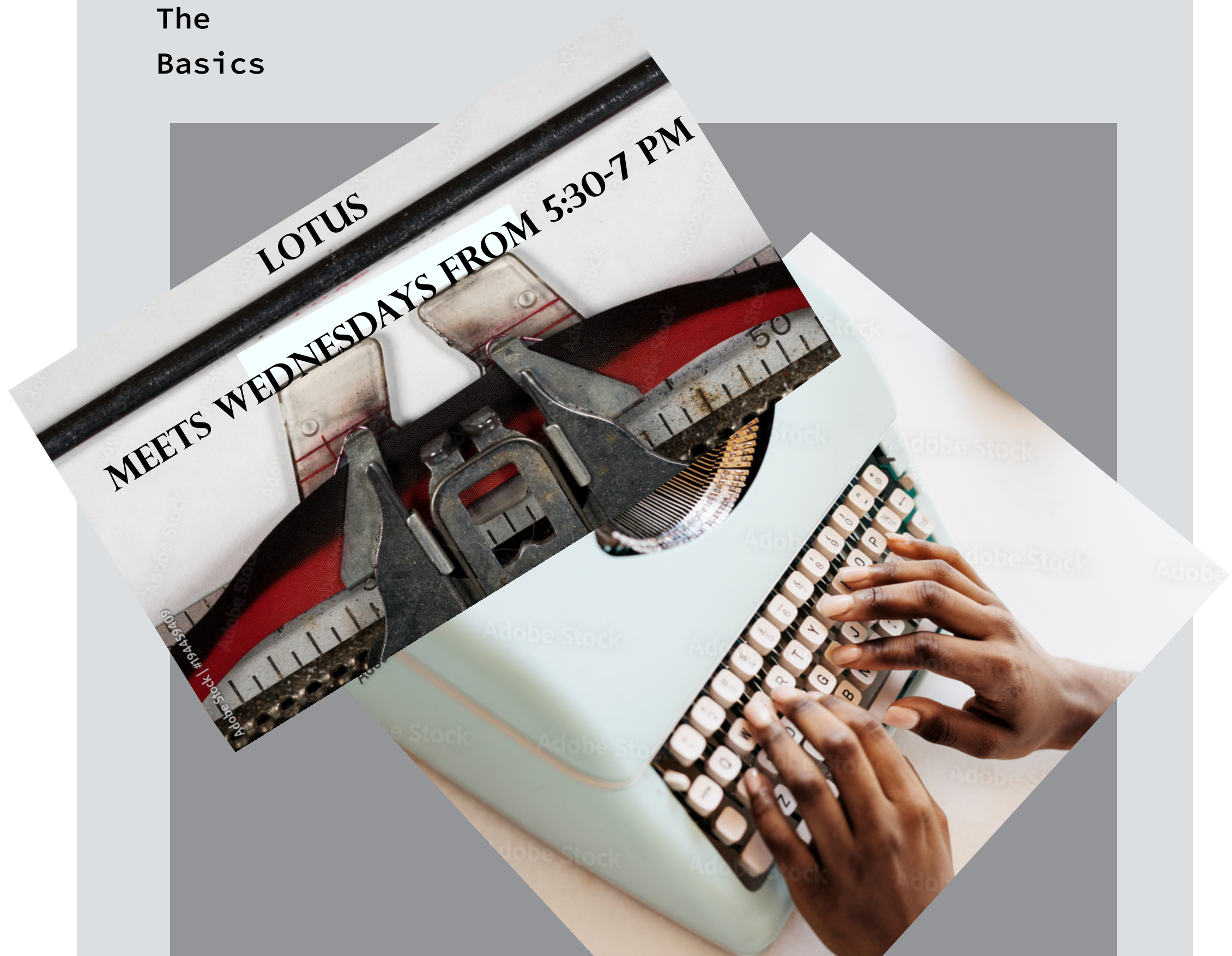
## Why the LOTUS flower?

### Lotus Flowers...

- are beautiful and rare.
- represent resilience and rebirth.
- can withstand extreme temperatures.
- only grow in water or mud.
- purify the water in which they grow.



## The Basics



### Lotus

**When:** Oct. 20th - Dec. 8th.  
Wednesdays from 5:30 - 7:00 p.m.

**Where:** BU Counseling Center Offices in the  
Dutton Parking Garage.



## Lotus Is For Women Who...





## **How can Lotus help me?**



**Sometimes unwanted sexual experiences may cause us to feel helpless or powerless. In short, they can be traumatic.**

**Lotus is a trauma-recovery group which helps guide students through the trauma-recovery process. Lotus members work together on common challenges faced by group members. For example, challenges like panic attacks, difficulty concentrating, trouble sleeping, and many more.**

**How much  
does it cost?**

**Though each week of LOTUS is**

**Priceless**

**there is no financial cost to attend.**

**However, it may cost you the effort to  
push yourself to come whenever you  
feel anxious about attending and when it  
seems easier to stay home.**







**Already  
Connected @ the  
Baylor Counseling  
Center?**

- 1. Sign into the Student Health Portal.**
- 2. Enter the secure message system.**
- 3. Send a secure message to “BUCC”**
- 4. Include your name, phone #, & the word LOTUS.**
- 5. One of our clinicians will contact you.**

*NOT  
Yet  
Connected @ the  
Baylor Counseling  
Center?*

- 1. Contact the Counseling Center to schedule an Initial Assessment.*
- 2. Tell the Assessment Counselor you want to attend the LOTUS group.*





Lunc congue, vestibulum pretium purus malesuada. Vestibulum ante ipsum primis in faucibus orci.

Nulla facilisi. Mauris mauris velit, egestas at laoreet eget, varius sed mi. Duis luctus aliquam odio. Etiam fringilla mollis porttitor. Vestibulum vel sapien vitae turpis tristique consectetur at non leo. Donec varius quam odio.

