LOTUS
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...

- Are Baylor Students.
- Have had ANY kind of Unwanted Sexual Experience.
- Are being negatively impacted by their unwanted sexual experiences.
- Are looking for a community who really understands.
- Are ready to talk about their experiences.
- Want to work on overcoming their fears.
- Have the time available to consistently attend group Wed. 5:30-7:00.
- Are willing to accept help from others & who also want to offer help to others.
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.