

GEORGETOWN • ACTON

THURSDAY

JULY 11, 2019

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## YOGA IN THE PARK

Melanie Hennessey/Torstar

Jennifer Seeler of Staying Alive Fitness leads participants through various poses at Chocolate Yoga in the Park, slated to run weekly at Acton's Prospect Park throughout July. See story, page 5.

### DIG DEEPER INTO MORE NEWS @

THEIFP.CA

OPINION

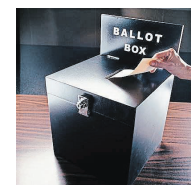
### BUGGED OUT?

EATING INSECTS IS GOOD FOR YOU — AND THE PLANET

VOTE 2019

### VOTING CRITERIA

HERE'S WHAT YOU NEED TO KNOW TO CAST A BALLOT OCT. 21



LIFE

### WORKOUTS GONE WRONG

ANALYZING EXERCISE-RELATED EMERGENCY ROOM VISITS



## A SAFE SPACE FOR CHILDHOOD SEXUAL ABUSE SURVIVORS

BRYAN MYERS  
bmyers@metroland.com

There are no answers at the Ironwood Project meetings, no cure-all solutions, but those that attend can find a judgment-free

space.

The Ironwood Project started in February, offering two six-week sessions, comprised of weekly meetings for adult survivors of childhood sexual abuse.

Chris Kirby, co-founder of the

not-for-profit Ironwood Project with his wife Jodi Stansfield, is a survivor.

"I don't have a magic wand," Kirby said. "I don't know what the answer is."

Instead, the sessions are a safe,

judgment-free space to talk.

"There are only survivors in the room," Kirby said.

Each session is hosted by two facilitators.

See **IRONWOOD**, page 4

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