

# WOMEN & RELATIONSHIPS GROUP

Building Healthy Connections in Our Lives



A seven week, confidential, support and learning group offered by

## The Women's Counselling Program\*

Dates & Times: every Tuesday 9:30 to 11:30 a.m.

Jan. 26 - Mar. 9, 2010

Location: 417 Bagot Street

This group is for women who are not currently in crisis. It may be helpful to women who:

- . have experienced verbal, emotional, financial, sexual, or physical abuse from a male or female partner.
- . want to explore through shared stories and group discussion: how to recognize a healthy versus a toxic or abusive relationship; how unhealthy relationships affect our lives; and strategies for improving self-care and increasing self-esteem

There is no fee and the group size will be small. Advanced registration by telephone or in-person is required. The purpose of the group is for personal development and wellness.

For information or to register, call Karen or Suzanne at **549-7850**



kccc@k3c.org  
[www.k3c.org](http://www.k3c.org)

\*The Women's Counselling Program is funded by The Ministry of Community & Social Services

