The More We Know:
An Educational Group for Women who have Experienced Abuse

Tuesdays from 6:00-8:00pm

April 21, 2020 to June 23, 2020

38 Elizabeth St.

Women are welcome to attend all weeks, or just the weeks that are relevant to them.

April 21: Abusive Relationships
April 28: Impacts of Abuse
May 05: Impacts on Children
May 12: Grief & Loss
May 19: Self Esteem

May 26: Guilt and Shame
June 02: Anger
June 09: Boundaries
June 16: Family Court Issues
June 23: Healthy Relationships

Registration required. To register or for more information: call 519-836-1110 and speak to Birgit (ext. 243) or Gurvinder (ext. 241), or ask your counsellor.

Available Upon Request:
Childcare
Interpreters

Working to end violence against women and children