

North York Women's Centre is a community of diverse women providing programs, resources and support that empower women to effect positive change. We would like to invite women in the community to attend this program.

Reclaiming Yourself after Abuse

Reclaiming Yourself after Abuse is a 10-week group program for women who have experienced violence in intimate relationships. The group provides a supportive environment where women will explore the impacts and effects of abuse, examine their personal responses, strengthen individual coping skills and develop strategies for moving forward.

REGISTRATION IS NOW OPEN FOR THE FALL 2017

TUESDAY: 6:00 PM – 8:30 PM

Sept 26th – Dec 5th, 2017

LOCATION: 116 Industry Street (Weston Rd & Eglinton)

INTAKE APPOINTMENTS BEFORE THE PROGRAM BEGINS ARE REQUIRED.

CALL NYWC AT [416-781-0479](tel:416-781-0479) TO SCHEDULE AN INTAKE APPOINTMENT.

Register by September 18th, 2017 to be guaranteed an intake appointment.

Intake appointments are available on:

TUESDAYS Sept 12th and Tuesday Sept 19th, 2017.

This program is **FREE**.

Talk to us about childminding and other accommodations available.

TTC will be provided to participants in need to access the program.



Want more information on NYWC?

Visit us at www.nywc.org

