

**North York Women's Centre** is a community of diverse women providing programs, resources and support that empower women to effect positive change.

## 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 SPRING 2018 SESSION**  
**TUESDAYS, 6:00 PM – 8:30 PM**  
**MARCH 6 – MAY 8, 2018**  
**LOCATION: 116 Industry Street (Weston Rd & Eglinton Ave. W.)**

**INTAKE APPOINTMENTS ARE REQUIRED BEFORE THE PROGRAM BEGINS.**  
CALL NYWC AT [416-781-0479](tel:416-781-0479) TO SCHEDULE AN INTAKE APPOINTMENT.

Register by February 15, 2018 to be guaranteed an intake appointment.  
Intake appointments are available on:  
**Tuesday, February 20 and Tuesday, February 27, 2018**

This program is **FREE**. Light refreshments will be provided.

Talk to us about childminding and other accommodations we can help with.

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

Want more information on NYWC?

Visit us at [www.nywc.org](http://www.nywc.org)

