

**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 SPRING 2018!**

**TUESDAY: 6:00 PM – 8:30 PM**

**April 24th – June 26<sup>th</sup>, 2018**

**LOCATION: 116 Industry Street (Weston Rd & Eglinton)**

**INTAKE APPOINTMENTS BEFORE THE PROGRAM BEGINS ARE REQUIRED.**

CALL NYWC AT 416-781-0479 TO SCHEDULE AN INTAKE APPOINTMENT.

**Register by April 9th, 2018 to be guaranteed an intake appointment.**

**Intake Assessments are available on:**

**Tuesday April 10<sup>th</sup> and Tuesday April 17<sup>th</sup>, 2018**

This program is **FREE**.

Talk to us about childminding and other accommodations available.

**TTC tokens** 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)

