

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 2018

September 5 - November 7, 2018 (10 sessions)

WEDNESDAY: 6:00 PM – 8:30 PM

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 August 15, 2018 will be guaranteed an intake appointment.

Intake Assessment are available on:

August 22 and August 29, 2018

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.

Light refreshment will be provided



Want more information on NYWC?

Visit us at www.nywc.org



Funded by the Ministry of the Status of Women and the City of Toronto