



Reclaiming Yourself After Abuse

Reclaiming Yourself after Abuse is a 10-week group program for women who have experienced violence in intimate relationships.

In this group, you will explore:

- The impacts and effects of abuse,
- Examine their personal responses,
- Strengthen individual coping skills and
- Develop strategies for moving forward.

PROGRAM DATES

September 19- November 21, 2018

TIME

Wednesday Evening (6:00pm-8:30pm)

LOCATION

116 Industry Street (Weston road and Eglinton area)

REGISTRATION

Please call 416-781-0479 for registration

Intake: August 22 and August 29, 2018

416.781.0479 / nywc.org