

WOMEN SUPPORTING WOMEN



Are you a woman who wants to learn more about the following topics ?

You can attend as many of these free sessions as you choose.

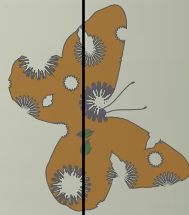
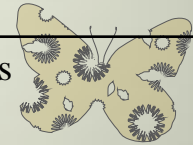
12:30 – 2:30

**60 West Drive. Suite 201
Brampton**

Childcare Provided

**Light refreshments
will be served**

Feb. 2 nd	Healthy and Unhealthy Relationships
Feb. 9 th	Reclaiming Our Voice
Feb. 16 th	Communication & Setting Boundaries
Feb 23 rd	How To Be Assertive
Mar. 1 st	Building Friendships and Personal Supports
Mar. 8 th	Emotional Safety and Safety Planning
Mar. 15 th	Saying Goodbye is Hard: Grief and Loss
Mar. 22 nd	Finding our Creative Selves
Mar. 29 th	Building Self-Esteem
Apr. 5 th	Trauma: A Journey to Healing
Apr. 12 th	Managing Anger, Shame and Difficult Emotions
April 19 th	Health and Wellness Taking Care of Our Bodies



**For more information call please call
Catholic Family Services of Peel Dufferin
905-450-1608
ext. 112 or ext. 160**

INTERPRETERS AVAILABLE UPON REQUEST

