



## COMMUNITY COUNSELLING & RESOURCE CENTRE



459 Reid Street  
Peterborough, ON  
K9H 4G7

## CHOICES & CHANGES

### Creating Safe and Healthy Relationships

A 10-week group for women who want to explore their patterns of choosing and relating with intimate partners.

#### Topics Include:

- Defining Healthy and Unhealthy Relationships
- The Role of Your Family Background in Forming Relationships
- What to Consider When Choosing a Partner
- How Your Relationships Affect Your Children
- Creating Boundaries and Setting Limits on Disrespectful Behaviour
- Abuse in Relationships
- Self Care

To register or for more information please call  
742-4258

