
CHOICES & CHANGES

Creating Safe & Healthy Relationships

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



Pre-registration is required.
For more information or to register,
call 705.742.4258
Wednesdays, Sept.13 to Nov.15, 2017
9:30 - 11:30 a.m.
Enrollment requires attendance at the
first group session and a commitment to
attend all sessions.

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