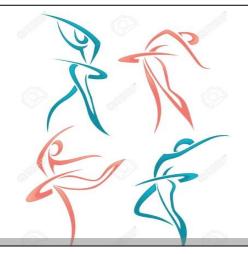


## REDEFINING ME Promoting Healthy Self-Esteem

A 10-week group for women who have experienced sexual abuse and/or abuse in an intimate relationship.



Pre-registration is required.
For more information or to register, call

705.742.4258

Tuesdays: Sept.11 to Nov.13, 2018

1:00 to 3:00 p.m.

Enrollment requires attendance at the first group session and a commitment to attend all sessions.

## Themes Include:

- Getting to know ourselves
   to increase our self awareness, to understand
   our feelings, and to clarify
   our needs
- Getting to like ourselves to develop a fair and accurate self-image and enhance self-acceptance and self-compassion
- Learning better skills for having better relationships to gain skills and to acquire a sense of personal empowerment

P: 705.742.4258
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