

---

# 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**

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