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# 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.

Tuesdays:  
April 9 - June 11, 2019  
1:00 to 3:00 p.m.



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.

### 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

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