



CCRC
Turning things around

Re-Defining Me

**PROMOTING HEALTHY
SELF-ESTEEM**

An 11-week virtual group for women who have experienced sexual abuse and/or abuse in an intimate relationship.

Tuesdays Jan 10-Mar 21 | 1-3:00PM

THEMES INCLUDE

Getting to know
ourselves

Getting to like
ourselves

Learning better
skills for having
better
relationships

Pre-registration is
required. Please
contact:

(705)-743-2272 ext 308