

This is a **free** 10-week group with a 2 hour session each week. This is a closed group, which means women are asked to commit to all 10 sessions. Applicants will need to complete an intake process before joining the group. Sign up for the group is ongoing, contact CCRC for the next starting date.

HOW DO I SIGN UP?

You can contact Community Counselling and Resource Centre at (705) 743-2272 ext. 308 to apply. Referrals from community agencies and self-referrals are accepted.



WHO CAN ATTEND?

Women of any age (18+) who want to learn more about healthy relationships and healthy intimate choices.

FOR MORE INFORMATION ABOUT OUR SERVICES:

540 George St. N
Peterborough, ON
K9H 3S2
(705) 743-2272 ext. 308
ccrc@ccrc-ptbo.com
www.ccrcc-ptbo.com



COMMUNITY COUNSELLING
AND RESOURCE CENTRE

CHOICES AND CHANGES

A GROUP FOR WOMEN
WHO WANT TO LEARN
MORE ABOUT HEALTHY
INTIMATE
RELATIONSHIPS



THE GROUP

Community Counselling and Resource Centre is hosting this group to provide the opportunity for women to learn about healthy relationships.

WHY SHOULD I TAKE THIS GROUP?

To learn the difference between healthy and unhealthy relationships.
To gain confidence in making positive choices and changes.
To feel more connected to yourself and the people around you.



GROUP TOPICS

Defining healthy and unhealthy relationships.
Types of abuse that occur in relationships.
Safety planning.
Creating boundaries and setting limits on disrespectful behaviour.
Self-care and self-esteem.
How relationships impact parenting.
Making healthy connections.



We will be providing a safe space for women who want to explore their patterns of choosing and relating to their intimate partners.



CHOICES AND CHANGES