



**CCRC**  
Turning things around

# Re-Defining Me

## PROMOTING HEALTHY SELF-ESTEEM

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*A 5-week in-person group for women who have experienced sexual abuse and/or abuse in an intimate relationship.*

*Tuesdays Sept 19 - Oct 17 | 5:30 - 7:00*

### 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