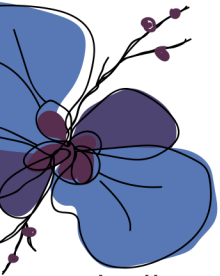


Why it is Important?

Women who have experienced intimate partner violence and/or sexual violence often struggle with self-esteem issues. Healthy self-esteem is essential when dealing with daily challenges, having confidence in making big life decisions, and trusting those decisions. Having healthy self-esteem is also important to maintaining positive relationships, overall happiness and well-being.

Community Counselling and Resource Centre is running this group to provide women with the increased awareness, knowledge, and skills to rebuild or enhance that self-esteem, moving toward greater feelings of self-love and empowerment.



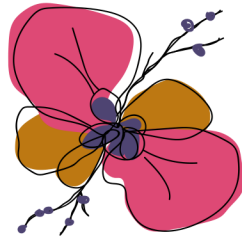
When Does it Begin?

This group happens multiple times a year so enrollment is ongoing. Contact CCRC for our next starting date.

Things to Consider

This is a 5 week group that runs for 1.5 hours each week.

This is a closed group, which means women are asked to make a commitment to all 5 weeks. Spots are limited, contact CCRC to sign up!



Looking for More Information?

540 George St. N
Peterborough, ON
K9H 3S2
(705) 743-2272 ext. 308
1 (800) 274-1611
www.ccrcc-ptbo.com



**Community Counselling
and Resource Centre**

An Empowerment Group For
Women Who Have
Experienced Intimate Partner
Violence & Sexual Violence



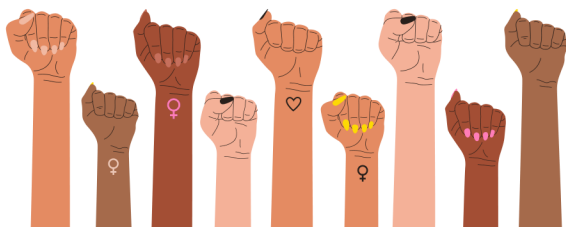
Re-Defining Me

What is it?

A group for women (18+) who are survivors of current or historical intimate partner violence and/or sexual violence. This group was developed to support women on a path toward healing, and aid them in reclaiming control over their own thoughts, body, and life.

Why Take This Group?

- To develop a greater sense of:
 - self-awareness
 - self-understanding
 - self-acceptance
 - self-compassion
- To gain a sense of personal power, and learn how to use it responsibly
- To learn how to engage self-image in a way that is honest, supportive, and fair



Topics Covered in Group

Defining self-esteem

Identifying critical self-talk, where it came from, and how we can change it

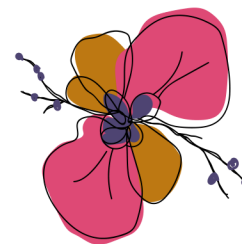
Nurturing a healthier body and self-image

Learning how we can handle the mistakes we make with care

Becoming aware of our needs

Assertiveness: learning how we can ask for our needs to be met

Learning how to be more self-compassionate



Where Can I Sign Up?

You can contact Community Counselling and Resource Centre at (705) 743-2272 ext. 308 to apply. Self-referrals, referrals from other agencies, and referrals from healthcare practitioners are all welcome. Women who are interested will need to attend an intake appointment prior to joining the group.

