



Professional Counselling Presents:

Resilient Mothers

Every Friday October 27 - November 17
9:30 - 11:30 AM at 540 George St. N

A group for mothers who've experienced domestic violence and want to learn how to better support themselves and their children in healing.

Register by calling 705-743-2272 ext 308.

Resilient Mothers



Weekly Topics Include:

- Impacts of trauma on moms and how these can impact parenting
- Impacts of trauma on kids/teens
- Anxiety as a trauma response and strategies to support anxious kids
- Anger as a trauma response and strategies to help support angry kids

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