



TUESDAYS

JAN 16 – FEB 13

5:30 – 7:00

**THEMES
INCLUDE**

Getting to know
ourselves

Getting to like
ourselves

Learning better
skills for having
better
relationships

**Please call for more
info or to register
(705)-743-2272
1-800-274-1611
ext 308**

Re-Defining Me

**PROMOTING HEALTHY
SELF-ESTEEM**

A group for women who have
experienced sexual abuse and/or
abuse in an intimate relationship.

This is a virtual session