



Please call to register  
or for more information

1-800-274-1611  
705-743-2272  
ext 308

# Choices and Changes

## Creating Healthy and Safe Relationships

A group for women who want to explore their patterns of choosing and relating with intimate partners..

**Wednesdays**  
**January 24 - Feb 21**  
**5 pm - 7 pm**

**This session will be held in-person**

### Topics Include:

- Defining healthy and unhealthy relationships
- The role of your family background in forming relationships
- What to consider when choosing a partner
- How your relationships affect your children
- Creating boundaries and setting limits on disrespectful behaviour
- Abuse in relationships
- Self-care

