

## When does it begin?

This group is available alternating between **online** and **in-person**

Contact CCRC for the next starting date.

-This is a **five**-week group with sessions being 2 hours long.



## How do I sign up?

Call CCRC at **(705) 743-2272 ext. 308** to apply.

You can call yourself, and referrals from community agencies are also accepted.

### Reach us at:

540 George St. N  
Peterborough, ON  
K9H 3S2  
(705) 743-2272 ext. 308  
ccrc@ccrc-ptbo.com  
www.ccrc-ptbo.com

CCRC: Community Counselling  
and Resource Centre



# Re-Defining Me

To provide women with increased awareness, knowledge, and skills to rebuild or enhance self-esteem





## 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 help them reclaim control over their own thoughts, body, and life.



## What are the goals?

- To develop greater self-awareness, self-understanding, self-acceptance and self-compassion
- To revise current self-image to be fair, supportive and accurate
- To gain a sense of personal power



## Topics Covered

- The foundation of self-esteem;
- Disarming the critic;
- Revising self-image;
- Learning self-compassion;
- Handling mistakes;
- Assertive communication;

