



DATES TBA

Hosted over a confidential
online platform



Peaceful Families

Free groups for Women and Children (ages 4-16) who have Witnessed or Experienced Violence in the Home.

Topics for Children's groups:

- Identifying and expressing feelings
- Changes in families
- Safety
- Self-Esteem
- Understanding/defining abuse

Topics for Mothers' groups:

- Impact of violence on children
- Parenting
- Personal safety for children
- Self Esteem and self-care

Arrangements may be made to assist with childcare and transportation expenses.

FOR MORE INFO OR TO REGISTER CONTACT:

(705)-743-2272 EXT 308

