



CCRC
Turning things around

Re-Defining Me

PROMOTING HEALTHY SELF-ESTEEM

An 8-week virtual group for women who have experienced sexual abuse and/or abuse in an intimate relationship.

Tuesdays Jan 18-Mar 8 | 1-2:30PM

THEMES INCLUDE

Getting to know
ourselves

Getting to like
ourselves

Learning better
skills for having
better
relationships

Pre-registration is
required. Please
contact:
(705)-743-2272 ext 308