



JULY 19 & 20

9 AM - 3 PM

Groups will be in-person at
our 540 George St N
location.



Peaceful Families

Free groups for Women and Children (ages 5-15) 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

Participation in both the children's and mom's group is strongly recommended as the content is complementary and designed to support learnings for both children and parents. If you have questions please reach out.

FOR MORE INFO OR TO REGISTER CONTACT:

(705)-743-2272 EXT 308

