


## Why it is Important?




Women who have experienced intimate partner violence and/or sexual violence often struggle with self-esteem issues. Healthy self-esteem is essential when dealing with daily challenges, having confidence in making big life decisions, and trusting those decisions. Having healthy self-esteem is also important to maintaining positive relationships, overall happiness and well-being.



Community Counselling and Resource Centre is running this group to provide women with the increased awareness, knowledge, and skills to rebuild or enhance that self-esteem, moving toward greater feelings of self-love and empowerment.

## When Does it Begin?



This group happens multiple times a year so enrollment is ongoing. Contact CCRC for our next starting date.

## Things to Consider



This is a 10 week group that runs for 2 hours each week. This is a closed group, which means women are asked to make a commitment to all 10 weeks. Spots are limited, contact CCRC to sign up!

## Looking for More Information?

540 George St. N  
Peterborough, ON  
K9H 3S2  
(705) 743-2272 ext. 308  
1 (800) 274-1611  
[www.ccrcc-ptbo.com](http://www.ccrcc-ptbo.com)



Community Counselling  
and Resource Centre

An Empowerment Group For  
Women Who Have  
Experienced Intimate Partner  
Violence & Sexual Violence

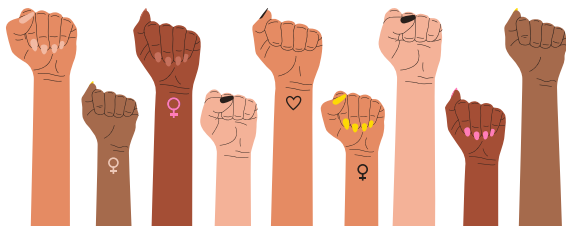
# Re-Defining Me

## 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 aid them in reclaiming control over their own thoughts, body, and life.

## Why Take This Group?

- To develop a greater sense of:
  - self-awareness
  - self-understanding
  - self-acceptance
  - self-compassion
- To gain a sense of personal power, and learn how to use it responsibly
- To learn how to engage self-image in a way that is honest, supportive, and fair



## Topics Covered in Group

Defining self-esteem

Identifying critical self-talk, where it came from, and how we can change it

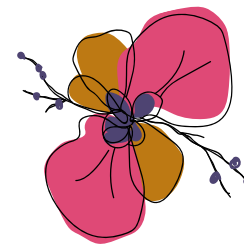
Nurturing a healthier body and self-image

Learning how we can handle the mistakes we make with care

Becoming aware of our needs

Assertiveness: learning how we can ask for our needs to be met

Learning how to be more self-compassionate



## Where Can I Sign Up?

You can contact Community Counselling and Resource Centre at (705) 743-2272 ext. 308 to apply. Self-referrals, referrals from other agencies, and referrals from healthcare practitioners are all welcome. Women who are interested will need to attend an intake appointment prior to joining the group.

