SPRITED WOMEN

JOIN US!
NO PRIOR GROUP EXPERIENCE REQUIRED

SPRITED WOMEN IS A 7-WEEK DROP-IN GROUP FOR WOMEN SURVIVORS OF VIOLENCE

Be a part of a welcoming group environment that unites women in a community, out of isolation. If you have never participated in a group before, this one may be for you. Topics include:

• How does violence affect us?
• What is trauma?
• What resources are available to me?
• How can I better manage stress during challenging times?
• What is a healthy relationship and how can I have one?
• What are boundaries?

Location: Barbra Schlifer Clinic
489 College Street, Suite 503
Date: May 16 to June 27, 2019
Day: Thursdays
Time: 1 - 3 pm

• Limited childcare is available upon request; please book in advance.
• Tokens available to those in need.
• A light snack will be provided.

For information please call 416-323-9149 ext 234.

Language interpretation is available, including ASL or Deaf interpretation. Must be booked in advance by calling the Schlifer Clinic Intake at 416-323-9149 ext 234.