

Spring 2019

# SPIRITED WOMEN

**JOIN US!**

**NO PRIOR GROUP  
EXPERIENCE  
REQUIRED**

## **SPIRITED 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.**