

# Women Supporting Women

A free, confidential, and supportive drop-in group for women who have, or currently are, experiencing abusive or unhealthy relationships.

**Tuesdays**  
**1:30 - 3:00pm**  
**417 Bagot Street**  
**Kingston, K7K 3C1**

**Visual Journaling**

October 3

**Self Compassion & Creativity:**

*Calm & Stillness  
Part II*

October 10

**Dealing with Shame**

October 17

**Peer Support**

October 24

**Being Your Authentic Self  
in Romantic Relationships**

October 31