

# 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 Journalling**

**September 5**

**Self-Compassion & Creativity:  
Calm & Stillness**

*Bring a Photo that Represents  
"Calm" to You!*

**September 12**

**Dealing With Shame**

**September 19**

**Peer Support:  
Focus on Inclusivity**

**September 26**