

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

November 7

Self-Compassion & Creativity:
Meaningful Work

November 14

Dealing With Shame

November 21

Peer Support

November 28