

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:

Personal Bill of Rights

January 2

**New Year, New Beginnings:
Celebration!**

Bring a Snack to Share if You Can!

January 9

Dealing with Shame

January 16

Peer Support

January 23

Stress Management

January 30