

Women-Supporting-Women Drop-In Groups

Free, confidential, and supportive drop-in groups for women who have, or currently are, experiencing abusive or unhealthy relationships.

When: Tuesdays from 1:30-3:00 p.m.

**Resolve Counselling Services Canada
417 Bagot Street, Kingston, Ontario, K7K 3C1**

COST: FREE

November 2018 Topics:

Tuesday, November 6

Creative Problem Solving (Part 3): Reframing, Redefining, and Outwitting the Problem

Tuesday, November 13

Personal Wellness: Intuitive Eating Guest Speaker: Dr. Jillian Murphy

Tuesday, November 20

Understanding Gender Based Violence

Tuesday, November 27

Peer Support

For More Information:

Call: (613) 549-7850

Visit Us Online: www.resolvecounselling.org