

## **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.**

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

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

**COST: FREE**

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### **December 2018 Topics:**

**Tuesday, December 4**

Dealing with Stress around the Holidays: Practical Strategies

**Tuesday, December 11**

Personal Wellness: Intuitive Eating and Vision Board

**Tuesday, December 18**

Understanding Gender Based Violence

**Tuesday, December 25**

CANCELLED DUE TO HOLIDAY

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### **For More Information:**

Call: (613) 549-7850

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