

## **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**

*Resolve is a Scent-Reduced space. Please be advised that Resolve cannot guarantee a Scent-Free space.  
Please be considerate of others and avoid scented products when attending this group.*

### **January 2019 Topics:**

**Tuesday, January 1**

Cancelled due to Holiday

**Tuesday, January 8**

Personal Wellness: How Can I Get Better Sleep?

**Tuesday, January 15**

Understanding Gender Based Violence

**Tuesday, January 22**

Peer Support

**Tuesday, January 29**

Boundaries Series: Boundaries Basics (1of 4)

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### **For More Information:**

Call: (613) 549-7850

Visit Us Online: [www.resolvecounselling.org](http://www.resolvecounselling.org)