

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

*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.*

March 2019 Topics:

Tuesday, March 5

Boundaries Series: Boundaries with Friends (3 of 4)

Tuesday, March 12

Self-Compassion: How Being Kind to Yourself Impacts your Wellbeing

Tuesday, March 19

Body Positivity

Tuesday, March 26

Peer Support

For More Information:

Call: (613) 549-7850

Visit Us Online: www.resolvecounselling.org