

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.*

April 2019 Topics:

Tuesday, April 2, 2019

Boundary Series: Boundaries with Partners (4 of 4)

Tuesday, April 9

Self-Compassion: Practical Tools and Exercises

Tuesday, April 16

Assertive Communication: Saying What You Really Mean

Tuesday, April 23

Peer Support

Tuesday April 30

Mindfulness Practice

For More Information:

Call: (613) 549-7850

Visit Us Online: www.resolvecounselling.org