

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.

February 2020 Topics:

Tuesday February 4, 2020

**CBT for Managing Anxiety, Stress
And Depression (Part I)**

Tuesday February 11, 2020

TBA

Tuesday February 18, 2020

**CBT for Managing Anxiety, Stress and
Depression (Part II)**

Tuesday February 25, 2020

Peer Support

For More Information:

Call: (613) 549-7850

Visit Us Online: www.resolvecounselling.org