

## **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.*

### **January 2020 Topics:**

**Tuesday January 7, 2020**  
CBT for Managing Anxiety, Stress  
And Depression (Part I)

**Tuesday January 14, 2020**  
TBA

**Tuesday January 21, 2020**  
CBT for Managing Anxiety, Stress and  
Depression (Part II)

**Tuesday January 28, 2020**  
Peer Support

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### **For More Information:**

Call: (613) 549-7850

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