

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 Topics:

Tuesday March 3, 2020
CBT for Managing Anxiety, Stress
And Depression (Part I)

Tuesday March 10, 2020
TBA

Tuesday March 17, 2020
CBT for Managing Anxiety, Stress and
Depression (Part II)

Tuesday March 24, 2020
Peer Support

Tuesday March 31, 2020
TBA

For More Information:

Call: (613) 549-7850
Visit Us Online: www.resolvecounselling.org