



WOMEN'S COUNSELLING PROGRAM

“I found my counsellor to be respectful, kind, realistic, professional and supportive with her unique technique. She helped me gain coping skills at my time of crisis.”

- Women's Counselling Program Client

No one has the right to abuse you.

We respond supportively and respectfully to women who previously have, or currently are, experiencing abuse in a relationship.



WOMEN'S COUNSELLING PROGRAM

We offer:

- One-to-one counselling
- Safety planning
- Trauma-informed practice
- Referrals to other services
- Support groups & workshops

Topics include:

- Building healthy relationships
- Education on abuse dynamics
- Boundaries & self-care
- Self-esteem
- Depression & anxiety
- Healthy coping skills

Appointments available in Kingston,
Sydenham, & Verona



**Counselling & Community Services
Services-conseils et communautaires**

Let's talk together • Parlons-en ensemble

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www.resolvecounselling.org

