

# Women Supporting Women

A free, confidential, and supportive drop-in group for women who have, or currently are, experiencing abusive or unhealthy relationships.

**Tuesdays**  
**1:30 - 3:00pm**  
**417 Bagot Street**  
**Kingston, K7K 3C1**

**Recognizing Internal Safety**

July 3

**Mindfulness Walk on Forgiveness**

*Please Come Prepared to Walk  
as Part of the Group!*

July 10

**Exploring Love Languages**

July 17

**Peer Support**

July 24

**Dealing with Difficult People**

July 31