

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.

October 2019 Topics:

Tuesday, October 1, 2019
Journaling & Art Journaling

Tuesday, October 8, 2019
Values

Tuesday, October 15, 2019
Managing Stress & Anxiety

Tuesday October 22
Peer Support

Tuesday, October , 2019
Embracing the Journey

For More Information:

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