

## **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.*

### **December 2019 Topics:**

**Tuesday December 3, 2019**  
Art & Art Journaling

**Tuesday December 10, 2019**  
Reframing Anxiety through Art & Story

**Tuesday December 17, 2019**  
How to Deal with Holiday Stress

**Tuesday December 24, 2019**  
Cancelled – Holiday Schedule

**Tuesday December 31, 2019**  
Cancelled – Holiday Schedule

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### **For More Information:**

Call: (613) 549-7850

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