



# Support Group for Women

## Fall 2010

*For women 16 or over who are dealing with the impact of violence/abuse experienced in their life*

- ◆ First night, Wednesday, Sept. 15  
6:30 pm, Brockville
- ◆ Group continues 1 evening per week for 10 weeks
- ◆ Meet other women and share life experiences
- ◆ Learn new ways to cope with problems.
- ◆ Creative approaches such as expressive arts & relaxation are used.

- ◆ Previous members say:  
GO!  
Listen, talk and learn  
Be open to new ideas  
Just attend  
Don't give up  
Take this - it really helps

Group is Free. Financial assistance is available to help offset transportation and childcare costs.  
Co-facilitators: Lisa Fleming & Catherine Taylor

**Contact: Assault Response & Care Centre, 70 Charles St. (613) 345-3881 / 1-800-567-7415**

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