THE WOMAN ABUSE EDUCATION & SUPPORT PROGRAM PRESENTS

Women's Weekly

Women's Weekly is an open educational support group focused on issues related to women who have experienced abuse

When: Wednesdays at 5:30pm- 7:30pm

July 6	**Aboriginal Healing & Wellness (*Guest Speaker)***
July 13	**Healthy Relationships**
July 20	**Legal Advocacy (*Guest Speaker)***
July 27	**Abuse & Domestic Violence in LGBTTIQQ2S Relationships**
Aug. 3	**Healing & the Brain (*Guest Speaker)***
Aug. 10	**Sexual Assault Center (SACHA) (*Guest Speaker)***
Aug. 17	**Processing Guilt & Shame**
Aug. 24	**Rebuilding Trust**
Aug. 31	**MOVIE: Gaslight**
Sept. 7	**Employment Supports (*Guest Speaker*)**
Sept. 14	**Self-Care & Healing**
Sept. 21	**MOVIE: The Mask You Live In**
Sept. 28	**Celebrating Me: Healing with Yoga (*Guest Speaker)***

- ✓ **All groups are FREE and confidential**
- ✓ **Refreshments and snacks**
- ✓ **Assistance with transportation**
- ✓ **Cultural interpreters upon request**
- ✓ **Childcare available**
- ✓ **No registration necessary**

For questions of location please call:
Dianna: 905 523 8766 x 4239 or Lindsay: 905 527 3823 x 240

A joint initiative between Catholic Family Services and Good Shepherd Women's Services