

FREE PEER SUPPORT PROGRAM



THE
TODAY
CENTRE

FINDING OUR VOICES

This six week peer support program focuses on issues related to self-esteem. Participants discuss self-image, effective communication, shame, compassion and healthy relationships.

This is FREE a group for any female identifying person who has experienced family violence.

Dates: Thursdays (October 14th - November 18th, 2021)

Location: Online via Zoom (hosted by The Today Centre)

Time: 6:00 PM - 7:30 PM

- Please ensure you have a safe, confidential space, to have your virtual session
- If you have childcare needs please let us know as we have limited support available

To register, phone (780-455-6880) or email (info@thetodaycentre.ca) us

In partnership with:  **sagesse.**
Heal. Learn. Grow.