

R.I.S.K.

(Recovery in Self-Knowledge)

Women's Support Group

R.I.S.K. is a self-help/support group for adult women of all ages who have experienced or are experiencing abuse in their lives.

RISK supports women on a path to personal empowerment by building on their personal strengths and encouraging them to make healthy life decisions.

Mothers with infants welcomed.

Weekly Meeting: Starting November 10th/16 on Thursdays 6:30 p.m. to 8:30 p.m.

Location: Catholic Family Development Centre

380 Dufferin Street

R.I.S.K. is an open group and does not require a weekly commitment.

Pre-registration required.

Please contact Margareta at 343-4555 for more information.