

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 October 10th/17 on Tuesdays 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 is required.

Please contact Sheryl O'Reilly at 343-4555 for more information.