



Voices

share
talk
learn
heal

A group for children and youth 4 to 16 years who have been exposed to woman abuse in their home.

Voices provides a community based setting for children and youth to share and talk about their experiences. Children and youth learn that abuse is not okay and not their fault.

Mothers and women caregivers are also supported to understand how abuse has impacted children and youth and how to help them.

Topics include:

- identifying & expressing feelings
- dealing with emotions
- safety planning
- understanding abuse & violence

Childcare for younger siblings, dinner and transportation costs are provided.

Tuesday evenings

5:30 to 7:30pm

**March 20 to
May 22, 2018**

**Thunder Bay
Counselling**

**To register, contact
Heather at
(807) 684-1889**