

Catholic Family Development Centre invites you to

Women in Transition

A Psychotherapeutic Group for Survivors/Victims of Historical or Recent Abuse



This eight-week program will be a process-oriented group allowing members to share their personal experiences as well as challenges in regaining their sense of worth, dignity, and personal agency. The group will encourage reflection of themes from our family of origin as well as patterns we may have entered into that have been self-defeating if not dangerous. It will encourage sharing in a safe and supportive environment, while accessing the wisdom and life lessons of all the women present.

WEDNESDAYS, 9:30 – 11:30 AM

(Beginning Wednesday December 4th, 2019)

Free of charge to all women.

Bus tickets and child care available (upon request).

To register or for more information, please contact Nele @ (807) 343-4552 /

e-mail: nschoutteten@catholicfamilycentre.ca