

love shouldn't hurt...

FREE Healthy Relationship Education Group



Topics covered during the 6 weeks:

- Healthy Relationships
- Domestic Abuse & the Cycle of Abuse
- Effects of Abuse & Coping Skills
- Effects of Abuse on Children
- Self-Esteem & Healthy Boundaries
- Safety Planning & Moving Forward



**ROWAN
HOUSE**
SOCIETY

BUILDING VIOLENCE FREE COMMUNITIES

Wednesdays 6-8pm
November 7th - December 12th

Location: Okotoks / Meal & Child Care Included

To register: call 403-652-3311 or email branches@rowanhouse.ca