

love shouldn't hurt...



Healthy Relationship Group for Women



Facilitated Online by Rowan House Society

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

WEDNESDAYS 1-3 pm
March 10th - April 14th

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