



Learning to Be the Best I Can Be: A Peer Support Group for Women Who Have Experienced Abuse or Family Conflict

This is an on-going support group for women who wish to explore the impact of being a woman in today's world.

Topics include:

The impact of abuse, self-esteem, communication, listening skills and more...

Bring your ideas about topics that interest you.



For more information or registration, call 604 941-6311

