

When does it begin?

This group is available alternating between **online** and **in-person**. Contact CCRC for the next starting date.

- This is a **five**-week group
 - 2 hours (4:30pm-6:30pm)



How do I sign up?

You can contact Community Counselling and Resource Centre at **(705) 743-2272 ext. 308** to apply. Referrals from community agencies and self-referrals are accepted.



How to reach us:

540 George St. N
Peterborough, ON
K9H 3S2
(705) 743-2272 ext. 308
ccrc@ccrc-ptbo.com
www.ccrc-ptbo.com



Re-Defining Me

To provide women with increased awareness, knowledge, and skills to rebuild or enhance self-esteem





What is it?

A group for women (18+) who are survivors of current or historical intimate partner violence and/or sexual violence. This group was developed to support women on a path toward healing, and aid them in reclaiming control over their own thoughts, body, and life.



What are the goals?

- To develop greater self-awareness, self-understanding, self-acceptance and self-compassion
- To revise their current self-image to be fair, supportive and accurate
- To gain a sense of personal power and how to use it responsibly



Topics Covered

- The foundation of self-esteem;
- Disarming the critic;
- Revising self-image;
- Learning self-compassion;
- Handling mistakes;
- Assertive communication;

