



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.

When does it begin?

This group will be held virtually on Mondays from January 27 - February 24
9:30 - 11:30 AM

ccrc-ptbo.com

How to reach us:

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



Resilient Moms

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A group for mothers who've experienced domestic violence and want to learn ways for themselves and their children to heal.





What is it?

A group where mothers who have experienced domestic violence can explore different topics related to their experiences.

Participants will learn about resources and tools available to help them move forward.



Who can attend?

This workshop is for mothers who have experienced domestic violence. It is open to both new and existing clients of CCRC.

Topics Covered

- Impacts of trauma on moms and how these can impact parenting
- Impacts of trauma on kids/teens
- Anxiety as a trauma response and strategies to support anxious kids
- Anger as a trauma response and strategies to help support angry kids

