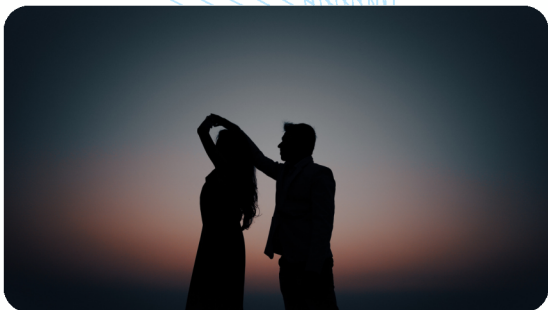


This is a **free** 5-week group with a 2 hour session each week. This is a closed group, which means women are asked to commit to all 5 sessions. Applicants will need to complete an intake process before joining the group. Sign up for the group is ongoing, contact CCRC for the next starting date. This group can be either virtual or in person changing based on the demand



## WHO CAN ATTEND?

Woman of any age (18+) who want to have healthy and respectful relationships

## 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



# Choices and Changes

What does it mean to be in a good relationship?  
Let's explore





## What is it?

Community Counselling and Resource Centre is hosting this group to provide the opportunity for women to learn about healthy relationships.

We will be providing a safe space for women who want to explore their patterns of choosing and relating to their intimate partners.

## Why should I join this group?

To learn the difference between healthy and unhealthy relationships.

To gain confidence in making positive choices and changes.

To feel more connected to yourself and the people around you.



## Topics covered

- Defining healthy and unhealthy relationships;
- The role of your family in forming the relationships;
- What to consider before entering a new relationship;
- Defining abuse and what are its affects;
- Safety Planning and local resources for women;
- Deciding whether to stay or leave a relationship;
- Creating boundaries and using assertive communication;
- Practicing self-compassion and other techniques for emotional wellbeing.