

# Challenge, Change and Choices

An abuse group for women interested in challenging past hurts, initiating life changes, and making new choices in their lives.

This group may be beneficial to you if you have had past therapy, have been free from addictions for at least a year and free from mental health crises for a year.

**Tuesday 9:30 a.m.— 11:30 a.m.**

**October 2011- February 2012**

Oshawa Community Health Centre  
115 Grassmere Ave, Oshawa

Call Danielle at (905) 723-0036 Ext. 216 for more information or to arrange a screening interview.

Interviews will be held in September

**COST IS FREE**

Free childcare and bus fare if needed.