

Seeking Safety

25 week discussion and therapy group for women with past trauma experiences and substance abuse.

Learn how to...

- Care for yourself differently.
- Begin healing from anger.
- Ask for help.
- Cope with triggers.
- Reach out into the community.
- And much more...

Group runs...

- Mondays from 10 am to 12 noon
- Starts September 20, 2010
- Located at the Oshawa Community Health Centre, 115 Grassmere Ave., Oshawa.
- Snacks and childcare are provided.

Registration is required and spaces are limited. Participants must meet with the group leaders before starting the group.

To sign up, please call Lynne at the Oshawa Community Health Centre (905) 723-0036 ext. 232 by September 10, 2010.

