

THE WOMAN IN THE MIRROR

Information Sessions for Women of multi-cultural backgrounds

If you would like more information on any of the following topics

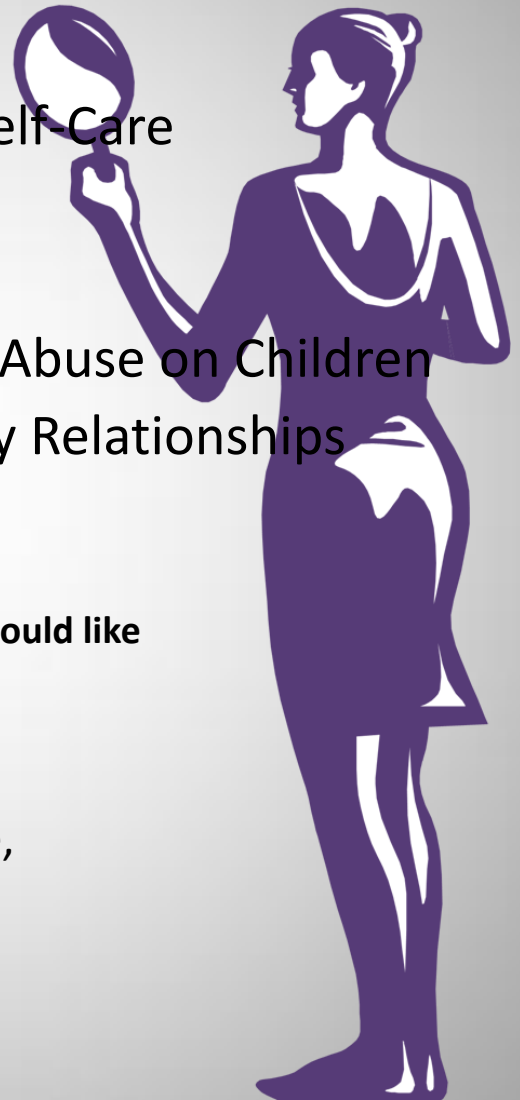
Portuguese translation available

- ♀ Week 1: Impacts of Abuse
- ♀ Week 2: Sharing our Stories
- ♀ Week 3: Health , Wellness and Self-Care
- ♀ Week 4: Self-Care Techniques
- ♀ Week 5: Anxiety and Depression
- ♀ Week 6: Legal Issues/Impacts of Abuse on Children
- ♀ Week 7: Safety Planning /Healthy Relationships
- ♀ Week 8: Celebrating our Success

♀ **You can attend as many sessions as you would like**

♀ **Child Care and Refreshments Provided**

DATE: Thursday March 4, 2010
LOCATION: 10 Kingsbridge Garden Circle,
Suite 400, Mississauga
TIME: 12:00pm-2:00pm



For more information and to register please call
Sandra 905-2734140 ext. 234 or Ana 905-897-1644 ext. 122

Presented by :

Catholic Cross-Cultural Services & Catholic Family Services Peel Dufferin