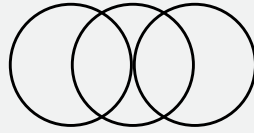
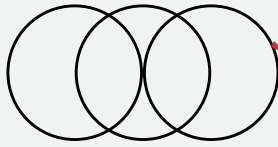


Understanding Abuse



ann davis transition society



Join us for the **ONLINE Understanding Abuse group**
Tuesdays from 12:00-2:00 pm

Information:

The Understanding Abuse group will provide participants with information about the different types of abuse and how they may manifest in relationships. We will discuss the impacts of abuse and the importance of self-compassion.

Participants will also learn communication skills, and how to set and maintain healthy boundaries with partners, family and friends.

When? Tuesdays from 12:00-2:00 pm

Dates: January 16-March 19, 2024

Who's eligible? Woman 18+

Program Costs? \$25.00 *Includes Book

Registration Required

How to Sign up? Contact Ann Davis front desk 604-792-2760 or
email: info@anndavis.org

****If unable to join session one, participants welcome to join in session two**

The Dates for Sessions:

January 16th	January 23rd	January 30th
February 6th	February 13th	February 20th
March 5th	March 12th	March 19th