



CHOICES *for* LIVING

Fall groups begin in September and run for 12 weeks

Choices for Living offers free support groups for women who want to explore mental health wellness, build skills and share knowledge to address loneliness, depression, anxiety, low self-esteem or other mental health issues.

MAPPING THE WELLNESS JOURNEY

Wednesday, September 19, 2018
10am-12:30pm

Black Creek Community Health Centre
2202 Jane Street (Jane & Wilson)

WOMEN'S VOICES – WOMEN'S CHOICES

Thursday, September 20, 2018
10am-12:30pm

Driftwood Community Centre
4401 Jane Street, room 5 (Jane & Finch)

Choices for Living is a place where women can connect with other women, practice skills to reduce stress and share their strengths through discussion, expressive arts and body-based awareness practices.

For information call **416.961.5446 x261** or visit ywcatoronto.org

TTC provided wheelchair accessible.

“It’s a safe place to sort things out.”

“I feel okay to be me. It allows me to be honest with myself and to open up.”

“There’s a sense of community.”

– Group participants



A TURNING POINT
FOR WOMEN

