



THE CENTRE FOR ABUSE & TRAUMA THERAPY PRESENTS

TAKING CARE OF YOU:

A SKILL-BUILDING GROUP FOR FEMALE SURVIVORS OF TRAUMA

A group designed to be complimentary to individual psychotherapy

WEDNESDAYS MARCH 19-APRIL 23

1:00PM-2:00PM

\$30 FOR SIX SESSIONS

234 CONCESSION ST. SUITE 200
KINGSTON, ON
K7K 6W6



Topics include grounding, mindfulness, setting boundaries, building self-compassion and mind/ body wellness.

FOR MORE INFORMATION CONTACT: BETHANY AT BSMITH@CENTREFORTHERAPY.CA
613-507-2288 EX 3.