



Catholic Family Services Peel-Dufferin and
Interim Place Transitional & Housing Support Program
are pleased to offer



FALL 2007 WORKSHOP SERIES

WOMEN SUPPORTING WOMEN

For women 18 years of age and older who have experienced or are currently experiencing some form of abuse (emotional, financial, physical, sexual or spiritual abuse) in an intimate relationship.

Workshops run Wednesday evenings in Brampton 6:30pm-8:30pm

You can attend all or just some of the workshops that interest you.

ALL WORKSHOPS ARE FREE AND NO REGISTRATION REQUIRED

Sept 26	Defining Abuse and Safety Planning
Oct 3	Coping with the Effects of Abuse and 'Balancing Your Energy Presentation' <i>Guest speaker from Trillium Health Centre Sexual Assault Care and Counselling</i>
Oct 10	How Abuse Affects You and Your Children <i>Guest speaker from the HEAL Network</i>
Oct 17	Ways of Taking Care of Yourself
Oct 24	Basics of Family Court <i>Guest speaker from Salvation Army /Family Life Resource Centre</i>
Oct 31	Warning Signs of Abusive Patterns
Nov 7	Basics of Criminal Court Process
Nov 14	Transitional Support Program Presentation <i>Practical information, support and resources</i>
Nov 21	Strengthening Your Support Network & <i>Presentation from the Sistering Program</i>



For more information about the workshops or exact workshop location
please call 905.450.1608 ext. 112