

Peer Support Group *for Adult Women*

Trauma teaches us lies about ourselves, others and our place in the world.

Are you having a hard time?

We're here to listen.

We're here to support you.

Connecting with others who have struggled too can help us find

Peace, Confidence, Safety, and Trust

so we can

Recover and Grow

When? Every Tuesday 6:15 – 7:45 pm Drop-Ins Welcome

Where? Johanna B. Oosterveld Centre 1st Floor - 2131 Gottingen St. Halifax, NS.

Hosted By



For more information contact

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