



LIFE CAN BE HARD

We may be able to help



705-743-2272 ext 308

Support Groups available



Healing from Within
Virtual
Feb 6-27
10:00-noon

For men who have experienced sexual harm.



Choices & Changes
In person
Jan 24-Feb 21
5-7pm

For women who want to learn more about healthy relationships.



Redefining Me
Virtual
Jan 16-Feb 13
1-3pm

For women who have experienced Intimate Partner Violence or Sexual Violence



Couples Series
Virtual
Feb 21, Mar 6, Apr 10
5-7pm

For couples to learn more about communication, building trust, fostering friendship and creating roadmaps to relationship repair

CCRC offers Professional Counselling Services including groups to those in Peterborough City and County & Northumberland. Groups are free, and professional counselling services for individuals is on a 'geared-to-income' sliding scale. Call for more details.