



# CHOICES FOR LIVING

## FALL GROUPS BEGIN IN SEPTEMBER AND RUN FOR TWELVE 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.

**Wednesday, September 20, 2017**  
**10am-12:30pm**

### **MAPPING THE WELLNESS JOURNEY**

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

**Thursday, September 21, 2017**  
**10am-12:30pm**

### **WOMEN'S VOICES- WOMEN'S CHOICES**

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 x 261 or x260 or visit [ywcatoronto.org](http://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

