

ATIRA WOMEN'S RESOURCE SOCIETY

# REDISCOVER PARENTING

## REDISCOVER PARENTING SUPPORT GROUP

**DATE:** Sept 12<sup>th</sup> – Dec 5<sup>th</sup>, 2018  
**TIME:** 2:00pm – 4:00pm  
**LOCATION:** 101 East Cordova St

We are currently accepting participants for our upcoming Re-Discover Parenting support group. It is a 13 week support group for women who have experienced abuse to “rediscover parenting” and **break the cycle of abuse.**

The women engage in an exploratory process that includes:

- examining the influences of society on being a mother and mothering;
- one's family of origin;
- one's experiences of abuse in intimate relations; and
- rediscover one self.

Being a parent is not a requirement to attend the group. All women can access the group.

For more information, please contact

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