

Peer Support Services in Partnership with  
Jewish Family Service Calgary presents:

# FINDING OUR VOICES

Finding Our Voices – A Self-Esteem Workshop – is a weekly group where women share their experience and learn from each other. Participants address the impact of self-image, effective communication, shame and compassion and healthy relationship with ourselves and others all while “Finding our Voices”

Date:

February 10<sup>th</sup> –  
March 16<sup>th</sup> 2016

Time:

Every Wednesday From  
6:00 – 9:00pm

Location:

Jewish Family Service  
Calgary



We are committed to providing support, resources and referrals to women and children affected by domestic abuse.

Trained volunteers facilitate community based peer support groups in cooperation with participants. Self-directed change and independence are fostered in a caring and safe environment. All women and children are welcome regardless of race, religion, sexual orientation or socio-economic status.

OUR SERVICES ARE: FREE, CONFIDENTIAL, FOR GROUPS OR INDIVIDUALS,  
SUPPORTIVE, EDUCATIONAL, AND COMMUNITY BASED.

For more information, or to register, please contact **Tanya Muschanov @ 403-287-3510**. Please mention the group you want to register for. Seating is limited so register early.



peer  
Support Services  
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