



Woman Abuse Services

Supporting women to:

- Explore the effects of an abusive relationship
- Protect themselves and their children
- Reclaim their self-esteem
- Explore options

We provide:

- Individual counselling
- Group counselling
- Drop-in discussion groups
- Links to community resources
- Workshops in the community

Call 905-527-3823

Empowerment
Growth
Healing
Nurturing
Strength
Hope

Does your partner:

- Insult you, call you names, or play mind games?
- Isolate you from your family and friends?
- Try to have power and control over you?
- Hit, punch, kick or physically harm you in other ways?
- Use threats and intimidation?
- Force sex?
- Take away your money?
- Use threats against your children to control you?

You are NOT alone.
Catholic Family Services can help.

- All services are free & confidential.
- Child care & bus tickets provided.
- Cultural interpretation available upon request.
- Providing service to women of all faiths, cultures and sexual orientations.

Catholic Family Services
447 Main Street East, Unit 201
(at the No Frills plaza)
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905-527-3823
www.cfshw.com

Helping
Make Life
Better