

A THERAPEUTIC SUPPORT GROUP BASED ON NARRATIVE THERAPY

In Re-writing Our Stories: Women's Stories, women will be invited to explore their stories and re-examine the stories that they have been told about themselves, their gender, their social location, relationships, cultural beliefs and so forth.

Re-writing Our Stories: Women's Stories

Intrinsic to women's empowerment, Support Groups at BWSS are made possible with the financial contributions from people like you.

MAKE A DONATION, PLEASE CALL
604.687.1868

THIS SUPPORT GROUP WILL:

- Create a safe space for women to explore and make meaning of what matters to them
- Foster curiosity and appreciation of women's resistance
- Empower women to re-write their own stories

This group will be structured based on three components:

- Breathing and grounding body exercises
- Narrative conversations
- Simple writing exercises
(writing skills are not necessary and support will be provided)

THURSDAYS 12 TO 2 PM
10 WEEKS STARTING
SEPTEMBER 12, 2013

For registration and information
call the Crisis & Intake Line at
604.687.1867

Location:

Battered Women's Support Services in Vancouver
(for confidentiality purposes please call us to obtain the address)

Assistance with bus tickets is available.