

# CHOICES *for* LIVING

The *Choices for Living* program 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.

**NEXT 12-WEEK SESSION  
BEGINS JANUARY 2020**



## **MAPPING THE WELLNESS JOURNEY**

**Wednesdays starting January 15, 2020  
10a.m.–12:30p.m.**

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

## **WOMEN'S VOICES – WOMEN'S CHOICES**

**Thursdays starting January 16, 2020  
10a.m.–12:30p.m.**

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 more information, please call

**416.961.5446 x260** or **x261** or visit **[ywcatoronto.org/choices](http://ywcatoronto.org/choices)**

Transit (TTC) fare provided. Wheelchair accessible.

*“It’s a safe place to sort things out.” • “There’s a sense of community.”  
“I feel okay to be me. It allows me to be honest with myself and to open up.”*

– Group participants



**YWCA**  
TORONTO

A TURNING POINT  
FOR WOMEN



**United Way**  
Greater Toronto



**Ontario**



**Ontario**  
Toronto Central Local Health  
Integration Network