



# Strong Moms, Safe Kids

10-week group for mothers who have experienced abuse in intimate relationships and their children ages 5-18 who have witnessed abuse in their homes.



## For mothers and children

This group supports families in the healing process and in regaining their confidence and skills. By supporting mothers and helping them understand the trauma through their children's eyes, they are better able to provide the ongoing emotional support their children need.

Contact intake at 519-884-0000 ext. 222 to enroll or email [jdegazon@caminowellbeing.ca](mailto:jdegazon@caminowellbeing.ca)

### Registration for Fall 2023 open

#### This group is for:

- Mothers AND their children
- **Mothers living apart from the person who abused them (required)**
- Families of all cultures: those not comfortable with English can have an interpreter provided for them

#### Details

- Weekly on Wednesdays 5:30-8:00
- Running for 10 weeks October 4th-December 6th 2023
- Meal provided from 5:30-6:00

Opportunities to connect as a family in a large group format then separate smaller groups for mothers, older children, and younger children.



MAIN OFFICE  
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[caminowellbeing.ca](http://caminowellbeing.ca)