



CANADIAN CENTRE FOR VICTIMS OF TORTURE

Women's Health and Wellness Support Group



Please join us for a series of workshops and activities for women that will help you explore your health and wellness!

August 17, 2016 – September 21, 2016

Wednesdays 2:00pm to 4:00pm

Location: CCVT Downtown Office –
194 Jarvis St. 2nd Floor Toronto, ON M5B2B7

Some of the topics we will cover include:

mental health

coping with stress

social support

self – esteem

We will also be doing physical activities such as **yoga** at each session.

Please **confirm your attendance** with Abby at 416-363- 1066 x 227. Transportation will be provided.

Main 194 Jarvis St, 2nd Fl., Toronto, ON, Canada M5B 2B7 T: 416.363.1066 F: 416.363.2122 E: mabai@ccvt.org Toll Free: 1.877.292.2288

Scarborough 2401 Eglinton Ave. E., 3rd Fl., Unit 310, Scarborough, ON, Canada M1K 2N8 T: 416.750.3045 F: 416.750.4990

www.ccvt.org

The Hub 1527 Victoria Park Avenue 2nd Fl., Toronto, ON, Canada M1L 2T3 T: 416.750.9600 F: 416.750.9200

Accredited to the International Rehabilitation Council for Torture Victims



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

charity no:
133327908 RR0001



CANADIAN CENTRE FOR VICTIMS OF TORTURE

Main 194 Jarvis St, 2nd Fl., Toronto, ON, Canada M5B 2B7 **T:** 416.363.1066 **F:** 416.363.2122 **E:** mabai@ccvt.org **Toll Free:** 1.877.292.2288

Scarborough 2401 Eglinton Ave. E., 3rd Fl., Unit 310, Scarborough, ON, Canada M1K 2N8 **T:** 416.750.3045 **F:** 416.750.4990

www.ccvt.org

The Hub 1527 Victoria Park Avenue 2nd Fl., Toronto, ON, Canada M1L 2T3 **T:** 416.750.9600 **F:** 416.750.9200

Accredited to the International Rehabilitation Council for Torture Victims



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

charity no:
133327908 RR0001