

EBB & FLOW

A 6-week free group for Women-identified trauma survivors who want to connect more with themselves and their bodies.

The group is offered on Mondays by the Violence Against Women program. Weekly sessions will include mindfulness, expressive art, and trauma-informed yoga.

DATE & TIME

**Mondays | 10 a.m. - 12 p.m.
January 8 – February 12, 2024**

LOCATION

**Family Service Toronto
355 Church Street**

REGISTRATION

A pre-group screening session with facilitators is required.

To register or for more information contact
Family Service Toronto Service Access Unit.

**416.595.9618
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