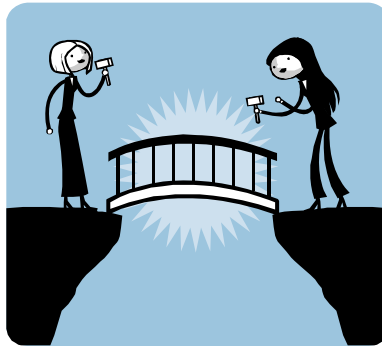


Catholic Community Services of York Region presents the:

Bridge Group for Women



A FREE, 8-session evening group *for women led by women* to:

- Build self-esteem
- Increase assertiveness
- Managing anger and stress
- Build stronger relationships
- Reduce isolation
- Cope constructively with transitions

If you would like to learn about yourself, build and acknowledge your strengths and connect with others in a warm and supportive environment please contact the intake line at Catholic Community Services of York Region (905) 770-7040 ext. 241.

The winter session begins **February 22nd, 2010 (6:30-8:30 p.m.)**
Call to register today!

