



CORNERSTONE
Family Violence Prevention Centre

SUMMER GROUPS

For Women

Thursdays July 3 – Aug 7
2-3 pm

40 Swayne Street, Cobourg ON

NO REGISTRATION REQUIRED

**CHILDCARE & SNACKS
OFFERED**

TOPICS COVERED IN THE 6 WEEKS:

**The Self, Wellness, Grounding, Mind/Body Connection,
Creative Exploration, Group Celebration**

For more information, please call 905-372-1545