

Do you feel:

- alone
- confused
- angry
- helpless
- depressed
- down on yourself

Have you experienced abuse,  
by current or past partners?

Do you want to feel:

- confident
- capable
- hopeful
- in control
- purposeful
- relaxed

Do you need a safe and  
supportive environment in  
which to heal?

## New Pathways for Women Group Program

- meet other women going through similar situations
- learn to identify characteristics of healthy/unhealthy relationships
- discover new ways to take care of yourself and raise your self-esteem
- explore how to handle emotions like guilt and anger
- gain self-awareness and a clear understanding of how to make change happen

## Topics Covered Include:

- Power & Control/Equality Wheel
- Forms of Abuse
- Responding to Abuse
- Assertiveness
- Setting Clear Boundaries
- Communication/Active Listening
- Identifying our own Strengths, Gifts and Talents
- Self-Empowerment
- Goal Setting, visions for the future

**New Pathways for Women  
Can Help**

### Family Services Perth-Huron offers:

- groups
- individual counselling
- counselling for children who have been exposed to abuse

### Our services are:

- confidential
- government-funded
- supportive
- non-judgmental
- educational

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Family Services Perth-Huron is a  
not for profit  
charitable organization  
governed by a  
volunteer Board of Directors.

The Agency provides a variety of  
professional,  
confidential counselling  
services  
and  
family supports to meet the  
changing needs of  
individuals and families.

Anyone may call  
Family Services Perth-Huron  
for information or service.

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A UNITED WAY MEMBER AGENCY



*January 2011 Issue*

## FAMILY SERVICES PERTH-HURON



## NEW PATHWAYS FOR WOMEN

Our community  
strengthened one person,  
one family at a time

142 Waterloo St. S.  
Stratford, ON N5A 4B4  
519- 273-1020  
1-800-268-0903