



## **BUILDING BRIDGES GROUP**

**FOR:** Children who have experienced woman abuse. Types of abuse may include emotional, physical, verbal and sexual. Program also includes a group for mothers of the children attending group.

**AGES :** Children between the ages of 8 to 11.

**PURPOSE:** To break the cycle of violence  
To help children heal by talking and learning new ways of acting.

**HOW:** Two facilitators for each group of 8 children.  
Groups use art, books, games etc. to help children explore their thoughts and feelings.

**PLACE:** Carlington Community and Health Services  
900 Merivale Rd.,Ottawa.

**WHEN:** 11 weekly sessions from 6:00 pm to 8:00 pm

**COST:** Free

**CHILDCARE:** Money available to cover childcare costs.

**TRANSPORTATION:** Money is available to assist with transportation costs.

**NEXT SESSION STARTS FEBRUARY 18<sup>TH</sup>, 2009**

**To register for this group please contact:  
Annick and/or Marc @ Carlington Community and Health Services 722-4000  
Melanie Winwood @ Family Services 725-3601x117**

