

**FAMILY SERVICE TORONTO  
SENIORS AND CAREGIVERS SUPPORT SERVICES**

## **GAINING STRENGTH, SHARING STORIES**

**A Group for Women 60+  
Sharing our stories, we discover we are not alone.**

**Tell your story in a safe and supportive environment.  
Ease isolation by connecting with others.  
Learn strategies for emotional safety and self-care.  
Focus on creating/maintaining healthy relationships.**

**When:** Second Wednesday of each month | 1:30-3:30p.m.

**Where:** The Hub at 1527 Victoria Park Ave. 2<sup>nd</sup> floor  
(Victoria Park & Eglinton). Parking Available.

**Facilitator:** Brenda Anderson

**Registration:** Pre-registration required

Please call Family Service Toronto's Access Unit at  
**416.595.9618**

**No fee - Donations welcome.**

Family Service Toronto welcomes diversity and is committed to a policy of equity and inclusion. [www.familyserVICEToronto.org](http://www.familyserVICEToronto.org)

