



TOMORROW WITHOUT VIOLENCE

Tomorrow Without Violence is a group for mothers and female-identifying caregivers and their children/teens who have experienced intimate partner violence. While learning about the impacts of violence, participants will receive support to heal and learn that abuse is not okay and not their fault.

For more information and to register for an upcoming session, contact the Tomorrow Without Violence Coordinator at

807 683-4710

**Questions?
Get in touch**



Sessions Focus On:

- Feelings
- Anger
- Safety Planning
- Coping and Mindfulness
- Boundaries
- Abuse
- Grief, Loss, and Change

Different group options are available to best suit your family. Child care and transportation costs within the city will be covered if needed.

Eligibility:

Mothers and female-identifying caregivers over the age of 18 and children between the ages of 5-17