

Our Mission



- * To break isolation
- * To create a more caring community
- * To foster mutual personal growth
- * To provide a safe space in order to promote personal healing and empowerment
- * To help raise awareness of oppression and violence and its effect on individuals, families, and communities

To strengthen and enrich individual, family, and community life



Schedule of Socials for 2017/2018 **6:30-8:30 pm**

Mississauga - 1st Thursday of the month

Brampton - 3rd Thursday of the month

No Sister Socials in July and August

Check Weekly Wellness Calendar

for current events

www.cfspd.com

400-10 Kingsbridge Garden Circle
Mississauga, ON L5R 3K6
905-897-1644

60 West Drive , Suite 201
Brampton, ON L6T 3T6
905-450-1608



SISTERING and **WELLNESS** **PROGRAM**



SISTERING
PROGRAM
MENTORING
WITH HOPE AND
COMPASSION

Margaret Czach

Sistering and Wellness Program
Coordinator

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Sistering



Sistering is a safe place where women gather and feel welcomed, understood, accepted, validated, loved, and trusted. They are also able to access community support to further their healing journey from the experience of violence, abuse and trauma.

Healing the world — one relationship at a time

There are several ways you can benefit from our program:

As a **Client Sister** who would like one-on-one support to assist you on your healing journey by receiving peer mentoring; and/or

As a **Client Sister** who would like to lessen your sense of isolation by attending our sister socials to join a group of women who want to increase their connections with other women and to practice methods of self-care.

"I enjoyed the group. I can feel the love and it's my first day."

-Anonymous Sister Client

Wellness



The Community Wellness Program offers wellness activities that promote the personal wellbeing of all genders, races, religions, and orientations. The variety of activities offered can include Yoga, Meditation, Mindfulness, Breathing, Qigong, or Cooking.

Community Wellness also hosts an eight-week series of psychoeducational workshops for all community members called Trauma Health and Well Being (THWB). These workshops bring awareness about mental health and self-care.

For updated times and event calendars, check our website at www.cfspd.com

"...It has helped me recognize what I am experiencing and how to best cope. The knowledge I have acquired here is half the battle in my healing. I am making the effort to implement and practice the coping tools I have learned. The resources given will be very useful as well. Thank you so much!"

- Anonymous Wellness Participant

Volunteering



Sistering is a volunteer program for women who have experienced trauma and/or oppression and are at a stage in their own healing process whereby they wish to give back by offering mentoring support to other women at an earlier stage.

Collectively, we enable change through mentoring one woman at a time.

There are several ways you can be involved in our program:

As a **Sister Mentor** who would like to mentor a client or small group of clients; and/or

As a **Sister Volunteer** who would like to volunteer at Catholic Family Services of Peel-Dufferin (CFSPD) with the Sistering Program by co-facilitating groups, doing advocacy, and volunteering in other Sistering initiatives.

For information on the volunteer application process, contact

Sangeeta Raina

Volunteer Coordinator

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