



**ROWAN
HOUSE
SOCIETY**

SAFE AT HOME

Join us for a free and confidential conversational group which helps individuals move towards healthy behaviors and hopeful relationships.



Do you need support with any of the following?

- ✓ Understanding how you feel
- ✓ Enhancing your communication
- ✓ Awareness that your reactions may be causing harm

If you answered yes to any of the above questions, the Safe at Home Program can help.

This group is the first step in the Safe at Home Program. This program also includes 3-5 one to one sessions with an Outreach Worker.

Contact Us to Register:

- ✉ safeathome@rowanhouse.ca
- 🌐 www.rowanhouse.ca/sah
- ☎ 403-652-3311