



WOMEN HELPING WOMEN

Women Helping Women provides training to women who have successfully changed their lives after enduring abusive relationships, to become mentors to others.

Mentors can demonstrate that going back to school, getting a job and raising the children may present considerable obstacles. But it is possible. Mentors can offer the first-hand proof to women who feel trapped and isolated that there is hope and support.

The Women Helping Women mentors may provide service individually to the women to assist in breaking their isolation or in speaking engagements to the community to heighten awareness of woman abuse.

Please contact Catholic Family Services of Toronto's North Office at **(416) 222-0048** for further information on this innovative program.

Catholic Family Services of Toronto is a Catholic Charities member agency supported by ShareLife.

