

# HERE TO HELP



YWCA Toronto's *Here to Help* is a **FREE** 12-week program that begins the healing journey of mothers and their children (4-18 years old) who have experienced domestic violence.

**Tuesdays from 5:30-7:30 | Scarborough**  
(Kingston Road/McCowan Road area)

## What does the *Here to Help* program offer?

- Three sessions per year (spring/fall/winter)
- Art activities, games and stories to support discussions about domestic violence
- An opportunity for mothers and their children to learn they are not alone, and they are not responsible for the domestic violence they experienced
- Support in learning ways to handle feelings
- A safe place for mothers and their children to explore their feelings and share their thoughts
- Child care is provided (for children under 4 years old)
- Hot meals are supplied each week during the session
- TTC fare is available
- Interpreters are available

**PLEASE NOTE:** Families must be pre-registered and complete an intake before the program begins.

For more information or to register, please contact  
Maria Palma, *Program Coordinator* at **416.266.1232 x22**



A TURNING POINT  
FOR WOMEN



416.266.1232 x22 | [ywcatoronto.org/HereToHelp](http://ywcatoronto.org/HereToHelp)

