



RISE  
PROGRAM

IN-PERSON SESSION

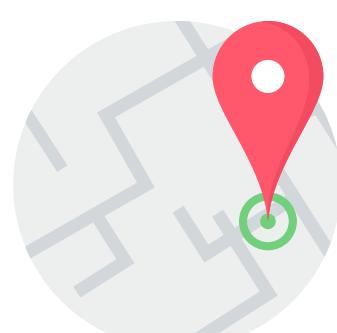
# SURVIVOR-LED SUPPORT GROUP

**Wednesday, February 4, 2026 | 1:00 p.m. - 2:30 p.m.**

**A Safe and Supportive Space for Women  
to Connect and Heal**

Join this FREE 6-session support group to reflect, learn, and share with other women at any stage of their healing journey:

- A confidential and welcoming environment
- Community support through shared lived experience
- Knowledge about the dynamics of abuse
- Peer support for healing and growth



**90 Burnhamthorpe Road West,  
Mississauga, ON L5B 3C3 (14th Floor, Suite 1404)**

**Register via Email:**  
[dfernandes@achev.ca](mailto:dfernandes@achev.ca)

**REGISTER NOW**

**Connect with Achēv:** [f](#) [o](#) [in](#) [X](#) [g](#) [y](#)

