

# Domestic Violence Awareness Week

**NOVEMBER 5-9, 2018**

- Monday:** Breakfast at UNFC Portage Avenue Location
- Tuesday:** Self Defense/Personal Safety Presentations  
9:00a.m. at Couchiching Multi-use
- Wednesday:** Facilitator Presentations to discuss Family Violence and Co-dependency  
10:00a.m. at Couchiching Multi-use
- Thursday:** Domestic Violence Awareness Walk  
10:00am UNFC Circle of Life Centre
- Friday:** Self-Care Day!  
Self-care activities taking place at East End Hall 10:00a.m.- 2:00p.m.

**ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC! LUNCH FOR ALL PARTICIPANTS! PRIZES EACH DAY!**

Register for transportation from the UNFC Portage Avenue Location for Tuesday and Wednesday activities! Call Kathy at 274-8541.