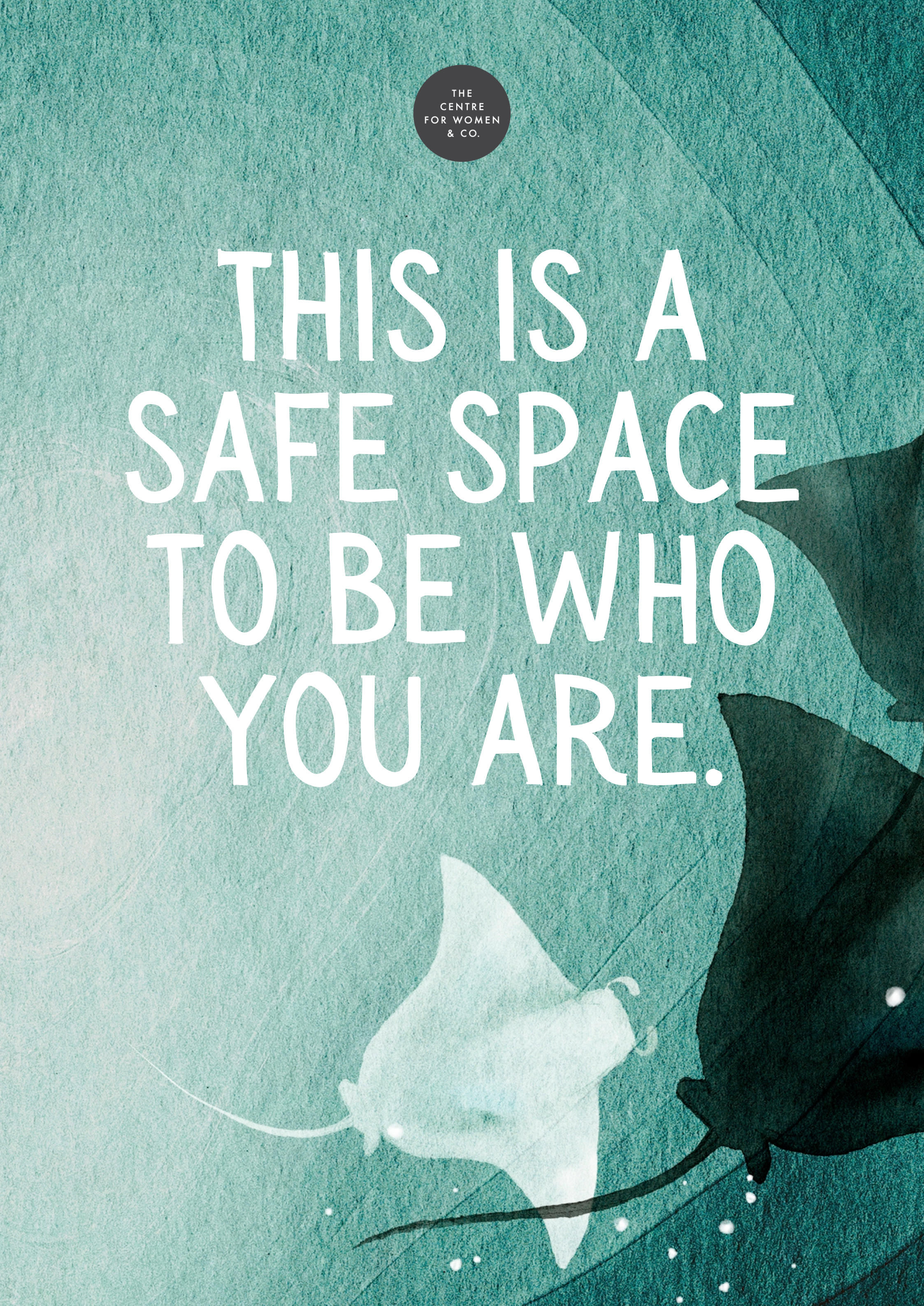
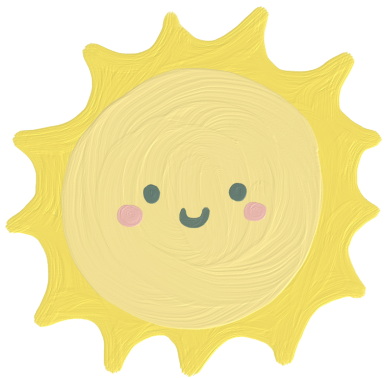


THE
CENTRE
FOR WOMEN
& CO.

THIS IS A
SAFE SPACE
TO BE WHO
YOU ARE.





GET SOME SUNLIGHT

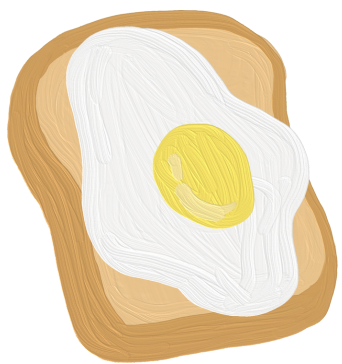


POSITIVE AFFIRMATIONS

TAKE A PICTURE

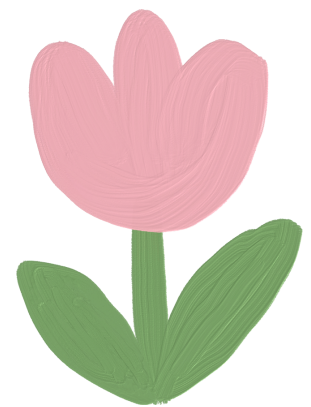


READ



EAT SOMETHING YUMMY

HEALTHY COPING SKILLS



GARDEN

LEARN SOMETHING NEW



REST

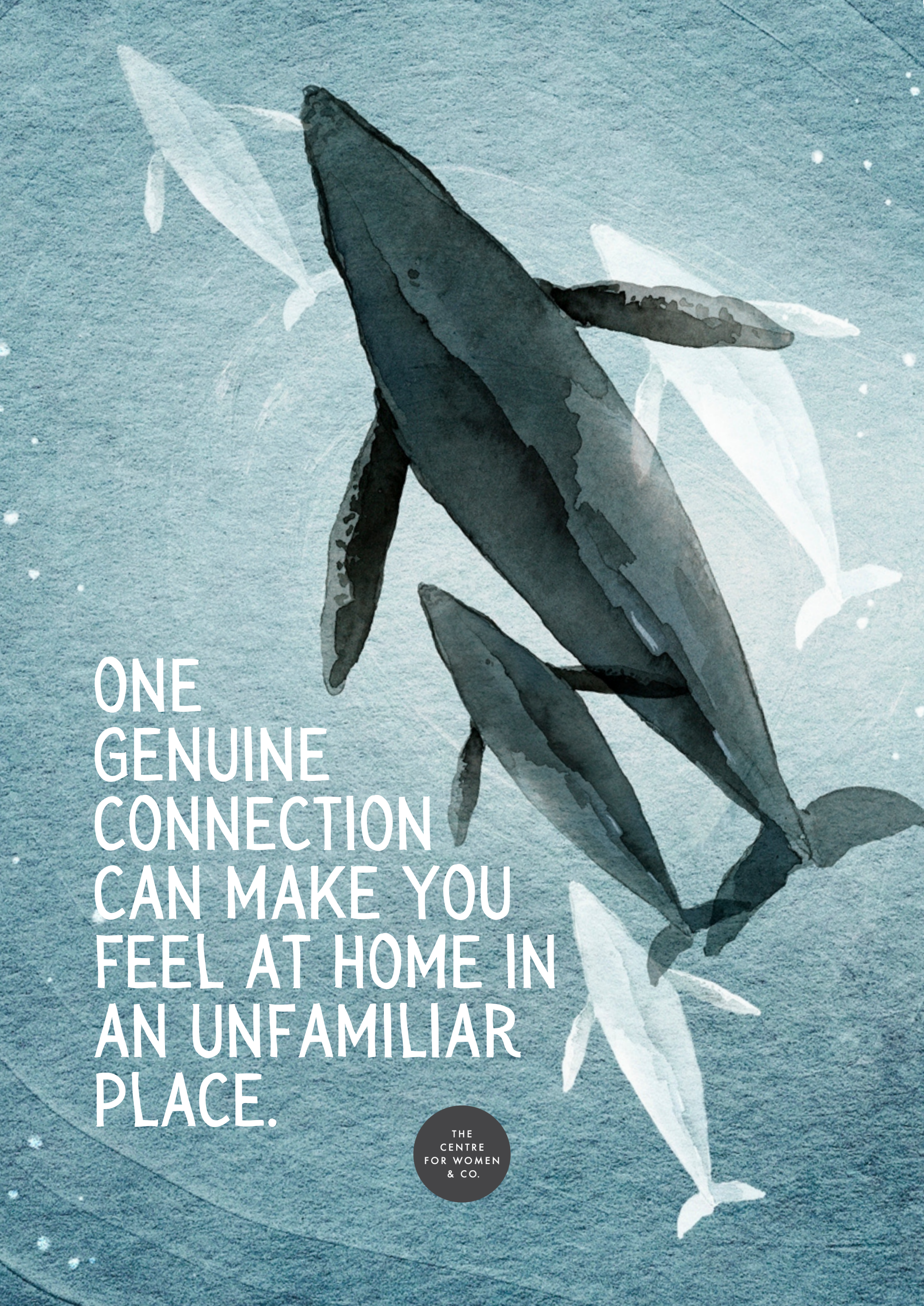
CREATE



SELF-CARE



TALK TO LOVED ONES

A watercolor illustration of a group of whales swimming in a blue ocean. The central whale is dark grey, while the others are white. The background is a textured blue with white speckles.

ONE
GENUINE
CONNECTION
CAN MAKE YOU
FEEL AT HOME IN
AN UNFAMILIAR
PLACE.

THE
CENTRE
FOR WOMEN
& CO.