

**WOMEN'S
EMPOWERMENT
GROUP**



Gain Insight

- Self-Esteem**
- Communication**
- Codependency**
- Feelings**
- Positive Self-Care**
- Stress Reduction**
- Assertiveness**
- Healthy Boundaries**
- Relationship Skills**
- Problem Solving**
- Domestic Violence**
- Guilt & Shame**



**A 12-WEEK EDUCATIONAL
SUPPORT GROUP TO HELP
YOU CONSTRUCT PERSONAL
STRENGTHS AND STRONG
SUPPORT SYSTEMS**

**LIGHTHOUSE
COUNSELING AND
FAMILY RESOURCE
CENTER**

427 A Street, Suite 400
Lincoln, CA 95648

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LMFT 97103
916-408-6618
deborah@lighthousefrc.org

TUESDAYS 5:30 PM – 7:00 PM

*Call Deborah at (916) 408-6618 to register
or register online @ lighthousefrc.org*

Please ask about childcare vouchers.

*No cost to group members.
Funding has been provided, in part,
by Kaiser Permanente*

