

# Women's Empowerment Group

**Open Group  
Start any Tuesday**

**Time:  
5:30 -  
7:00 pm**

**12 Sessions**

**Lighthouse Counseling &  
Family Resource Center  
427 A Street, Suite #400  
Lincoln, CA 95648**

An educational support group designed to help you construct personal strengths and strong support systems

- Self-Esteem & Effective Communication
- Codependency & Understanding Feelings
- Positive Self-Care & Stress Reduction
- Assertiveness & Healthy Boundaries
- Relationship Skills & Problem Solving
- Domestic Violence Education/Prevention
- Overcoming Guilt & Shame

For more information or to register  
please contact:

Deborah Duell-Stephens, IMF73845

MFT Registered Intern

Supervised by:

Kathy Steenberg, LCSW, LCS21712

(916) 408-6618

Deborah@LighthouseFRC.org

Please ask about childcare  
reimbursement vouchers



\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Best Time to Call

\_\_\_\_\_  
Address

\_\_\_\_\_  
Date of Birth