



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



An 8-WEEK EDUCATIONAL SUPPORT GROUP TO HELP YOU CONSTRUCT PERSONAL STRENGTHS AND STRONG SUPPORT SYSTEMS

COMING THIS SUMMER!

TUESDAYS 5:30 PM – 7:00 PM

To register, call Sofia at (916) 408-6617 or online at Lighthousefrc.org

Please ask about childcare vouchers.

No cost to group members.

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LIGHTHOUSE COUNSELING & FAMILY RESOURCE CENTER

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