



# 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



## **Women's Empowerment Group**

**Start date and time to be determined**

Class held ***Virtually*** by Lighthouse Staff via no cost GoToMeeting phone or computer app.

Join us in an educational support group to build personal strengths and strong support systems.

*The County of Placer Mental Health Services Act (MHSA) has provided funding. (No cost to participants)*

**LIGHTHOUSE COUNSELING &  
FAMILY RESOURCE CENTER**

**To register call Sofia  
916 587-0726**

Facilitator: Sofia Johnson, AMFT, 85683  
Supervised by Deborah Duell-Stephens LMFT, 97103

Website: [lighthousefrc.org](http://lighthousefrc.org)