

# 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**

**Day and Time  
To Be Determined**

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**

Website: <https://lighthousefrc.org>