

Women's Empowerment Group



**Beginning April 13, 2017
Every Thursday
for 8 weeks
1:30-3:30p.m.**

***Curve Lake Health Centre
38 Whetung St.
No Fees***

**For women, who
will commit to 8
weeks of self
empowerment
come out.**

**Learn more about
yourself and help
others to learn
more about
themselves.**

Topics include

- Self-esteem
- Boundaries
- Healthy Relationships
- Forgiveness & Gratitude
- Grief, loss & Feelings
- Self-sabotage

**Please Call to register
(705)657-2557
Speak to Roxanne or
Marcie**



Facilitated by
Anishnaabe Kwewag Gamig Inc. Women's Shelter
P.O. Box 39, Roseneath, ON
K0K 2X0
Admin line (905) 352-3898
Crisis/Support Line 1(800) 388-5171

