

ywca
*eliminating racism
empowering women*

WOMEN'S SUPPORT GROUP

*For women that are involved in, recovering from, or close to someone in an
unhealthy relationship*

HOPE • HUMOR • HEALTH

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- Define healthy relationships
 - Explore power and control
 - Learn how to be safe
 - Build self-esteem
 - Identify red flags
 - Acquire positive coping skills
 - Manage stress & anger

Thursdays, 12:00-1:00

320 Michigan Ave. Room 209

(upstairs from Post Office)

Orofino

Sorry, no childcare available

For more information call

208.476.0155

NO FEE - OPEN GROUPS

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