



Family
Services
NORTH SHORE
Changing lives together

Women & Empowerment Group

A twelve-week group for women overcoming trauma and violence

A safe place for women to connect and explore their own power and choices concerning emotional, physical, mental and spiritual self, focussing on community building, grounding, skill building, and self compassion.

Dates and Location:

Wednesdays, March 1 to May 17, 2023

5:00 - 7:00 pm

Online

Registration and Information:

Facilitated by:

Shadi Motiei, MCP-AT, RCC, PROF-AT &
Nadia Campitelli, MAT, RTC, EXAT

To register, contact intake at 604-988-5281 ext. 226.

We believe

Everyone should feel safe, supported, and fully at home in our community.

www.familyservices.bc.ca



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