



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, while focussing on community building, grounding, skill building, and self compassion.

Dates and Location:

Thursdays, February 22 to May 9, 2024

4:30 - 6:30 pm

Online

Registration and Information:

Facilitated by:

Nadia Campitelli (MAT, RTC), Maria Zamora (RCC),
and Nivedita Ashok (intern counsellor).

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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