



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:

Tuesdays, February 25-May 13, 2025

6:00-8:00 pm

Online

Registration and Information:

Facilitated by:

Sara Brown, MA, RTC

Leanne Warner (intern counsellor)

To register, contact Leanne Warner at 778-867-0140 or by email at lwarner@familyservices.bc.ca

We believe

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

www.familyservices.bc.ca



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