



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, October 23rd, 2025 - January 22nd, 2026

Please note there will not be sessions on December 25th and January 1st.

6:00-8:00 pm

Online

Registration and Information:

Facilitated by:

Anna Nelson, MA, RCC

Sheenal Narayan (intern counsellor)

To register, contact Anna Nelson at 778-879-5846 or by email at anelson@familyservices.bc.ca

We believe

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

www.familyservices.bc.ca



@familyservicesofthenorthshore



@fsnorthshore

