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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, March 24 - June 9, 2026

6:00-8:00 pm

Online

## Registration and Information:

Facilitated by:

Anna Nelson, MA, RCC

Arrabelle Udtujan (intern counsellor)

To register, contact Anna Nelson at 778-879-5846 or by email at [anelson@familyservices.bc.ca](mailto:anelson@familyservices.bc.ca)



[www.familyservices.bc.ca](http://www.familyservices.bc.ca)



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