



Lethbridge Family Services

# EMPOWERING WOMEN IN RELATIONSHIPS

*“The empowered woman is powerful beyond measure and beautiful beyond description”*

*- S Maraboli*

Group Dates:  
**8 week group**  
**Thursdays, 9:00 – 12:00 pm**  
**Starting Feb 21 – Apr 11, 2019**  
**No cost to participants**

Participants:  
**Ages 18+**  
**Women**  
Call Counselling Intake to register

---

This group is for women who have experienced relationship imbalance, disempowerment or abuse. We will explore healthy relationship skills such as how to set boundaries, communicate assertively and learn to trust oneself and others.

This group invites women into a safe, supportive and caring environment to nourish and empower oneself and one another.

## **Contact**

**Lethbridge Family Services**

Counselling Intake

403-327-5724

Facilitators

Melissa AG Mountain MC: AT, R. Psych.

Nicole Kienzle M.C., R. Psych.