



Lethbridge Family Services

EMPOWERING WOMEN IN RELATIONSHIPS

"The empowered woman is powerful beyond measure and beautiful beyond description"
- S Marabolí

Group Dates:

8 week group

Thursdays, 9:00am – 12:00 pm

Starting September 10th – October 29th

Participants:

Ages 18+

Women

Call Counselling Intake to register

No cost to participants

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

Tannia Los, M.C., Registered Psychologist

Lyvia Hughes, Master's Level Practicum Student