

# Women's Empowerment Group



*THIS WOMEN TO WOMEN EMPOWERMENT GROUP UTILIZES MINDFULNESS PRACTICES TO ADDRESS THE CHALLENGES THE WOMEN OF TODAY FACE. TOPICS INCLUDE SELF-ESTEEM, EMPOWERMENT, LIFE TRANSITIONS AND RELATIONSHIPS.*

COMPASS  
COUNSELING  
ASSOCIATES, LLC



*Helping you find a  
new direction...*

WEDNESDAYS AT  
11:30 AM- 1:00 PM

\$50 FOR 6 WEEKS

01/22/20-01/26/20

OPEN TO ALL  
WOMEN IN THE  
COMMUNITY

ADVANCE  
REGISTRATION  
REQUIRED

FACILATATOR:  
KENDRIA BROWN

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