

# THURSDAY EVENINGS

6:30 P.M. – 8:00 P.M.



## WOMEN

- All adults welcome •
- Snacks & coffee provided •
- Registration upon arrival •
- Open weekly to new participants •

FREE & FACILITATED

# Counselling Group

## FOR WOMEN

### Education & Support

- Stress management
- Boundary setting
- Depression and coping
- Compassion and self-care
- Exploring emotions
- Healthy relationships
- Self Confidence

#### LOCATION

Family and Community Services  
2nd Floor, 501 Festival Avenue, Sherwood Park

**For more information call 780-464-4044**  
**[strathcona.ca/groups](http://strathcona.ca/groups)**