

Promoting the wellness,  
recovery, and resilience of  
adults experiencing disabilities.



## Empowered Bodies, Empowered Minds

This support group is for individuals (18+) who identify as female and are interested in a non-judgmental space for self-exploration. We focus on embracing our bodies by practicing acceptance through guided discussions, inspirational books, guest speakers, and more. We encourage forgiving and forming connections with our bodies, as well as bonding through sharing our stories.



Mondays 1:00-2:30PM

For more information contact:

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ONLINE SCHEDULE  
COPY TO YOUR CALENDAR

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