

# DROP-IN OPEN GROUP

**DATE:** Every Thursday  
**TIME:** 2:00pm - 4:00pm  
**LOCATION:** 101 East Cordova Street

This is an open group for self-identified women to connect with other women in the community and support each other. The women's drop-in support group is a safe and facilitated space for you to:

- Share experiences and resources
- Develop communication skills
- Develop self esteem
- Discuss common concerns
- Make friends
- And generally support each other

This facilitated women-led group will include mindfulness practices, breathing techniques, emotional regulation exercises, and writing prompts to encourage self-reflection and awareness.

For additional information please contact:

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