



Family  
Services  
NORTH SHORE  
Changing lives together

# Women & Empowerment Group

A twelve-week group for women overcoming trauma and violence

A safe place for women to connect and explore their own power and choices concerning emotional, physical, mental, and spiritual self, while focussing on community building, grounding, skill building, and self compassion.

## Dates and Location:

Tuesdays, starting September 24th  
4:30 - 6:30 pm  
Online

## Registration and Information:

Facilitated by:  
Maria Zamora (RCC)  
and Chloe Storrey (intern counsellor).

To register, contact intake at 604-988-5281 ext. 226.

*We believe*

Everyone should feel safe, supported, and fully at home in our community.

[www.familyservices.bc.ca](http://www.familyservices.bc.ca)



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@fsnorthshore

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Ph: 604-988-5281



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