

Women's Center of Jacksonville presents

The Power of You

A Women's Empowerment Group



Join us for this 10 week group focusing on Empowerment through Self Discovery and Positive Thinking; presented in a group setting that is supportive, collaborative and validating.

Dates: Next Group Beginning February 9th 2012
Time: Thursday evenings 6:00 ~ 7:30 pm
Location: Women's Center of Jacksonville
5644 Colcord Avenue
Facilitators: Lori Beard, RMHCI

Self Esteem
Positive Affirmations
Assertive Communication
Self Care
Stress Reduction / Relaxation
Healthy Relationships

Cost: \$10.00 per session
To register or for more information
Contact Lori Beard ~ 722-3000 ext. 240
www.womenscenterofjax.org

