

Healthy Living, Healthy YOU

A Group for The Empowered Woman



The **Healthy Living, Healthy YOU** is a support group for women going through separation and/or divorce.

Goals

- Group members will participate in a series of activities to help facilitate rich and empathic group discussions
- Build a support network for empowered women going through separation and/or divorce

Activities

Vision Boards, Letters, Mindfulness
Relaxation & much more!

Limited to 12 participants

Location: TBD

Date(s): 5/2, 5/9, 5/16, 5/23, 6/13 (5 sessions)

Time: 5:30pm-7:00pm

Cost: FREE

To Register:

Please call SYFS at **(508) 845-6932**

Or

Email **AnitaTapiaSYFS@gmail.com**

Please include *name* and *phone number*

Registration Deadline: **April 28th, 2016**