

Join Us for: *Sister Quest*

Beginning Wednesday, October 26th
On Indian Island from 5:30pm to 7pm



This time-limited group aims to help members develop personal skills to manage the effects of sexual violence, harassment, rape, sexual assault and incest. The topics and activities will assist in the healing process of women who have been affected by sexual violence.

Women 18 & older of any background are welcome.

We will meet together, to learn about ourselves & each other in an atmosphere that is safe & fosters well-being, in a safe environment for mutual help, support, education, and understanding.

Theses twice weekly sessions could include:

- What it means to be a Woman
- How experiences & influences, past & present, shape the person we are today
 - The importance of caring for ourselves mentally, physically & emotionally
 - Skills to define Boundaries, towards Empowerment & building Self Esteem
 - And much more!!!

To Register and/or for More Information, Contact us by **October 14th.**

Call Angel at 973.3661 or Alivia at 745.6644