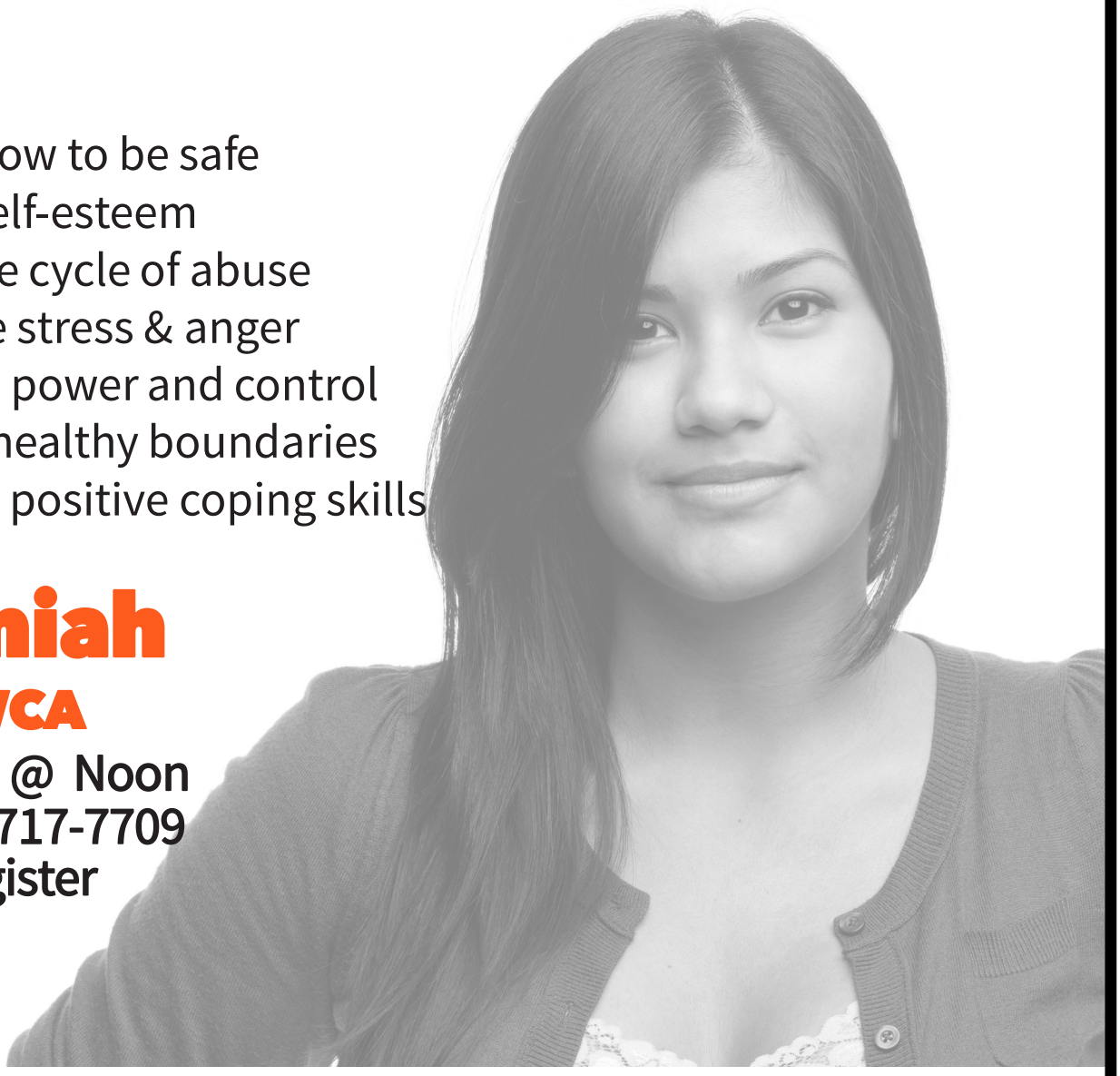
YWCA IS ON A MISSION

To Provide Safety & Support Through

WOMEN'S EMPOWERMENT GROUP



- Learn how to be safe
- Build self-esteem
- Stop the cycle of abuse
- Manage stress & anger
- Explore power and control
- Define healthy boundaries
- Acquire positive coping skills

Kamiah

YWCA

Mondays @ Noon
Call 208-717-7709
to register

HOPE • HUMOR • HEALTH

NO FEE - OPEN GROUP

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