

Her Everyday Resilience

H.E.R. MULTICULTURAL WOMEN'S GROUP



MOSAIC

Are you in an unhealthy relationship?
Do you want more information about your rights?
Do you need someone to talk to?
You are not alone.

Come to H.E.R. Group to get information, support, and to learn about:

<i>Sept 21</i>	Information about Your Rights
<i>Oct 19</i>	Identifying Healthy Relationships
<i>Nov 23</i>	Keeping Yourself & your Children Safe
<i>Jan 18</i>	Preparing to Leave
<i>Feb 15</i>	Self-care
<i>Mar 15</i>	Dealing with Stress

10am-12pm at MOSAIC, 5575 Boundary Rd, Vancouver

H.E.R. Group is a drop-in group for women supporting women.

H.E.R. Group is *your* group.
Make this *safe* space your own.
It's FREE and CONFIDENTIAL.

FOR MORE INFORMATION:
Anna Parayno | 604-254-9626
5575 Boundary Rd, Vancouver
Monday-Friday, 9am to 5pm

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