

TURNING ISOLATED INTO INCLUDED

WOMEN'S SUPPORT GROUP

Feel heard, empowered, and supported

**EVERY TUESDAY
2:00 - 3:30 PM**

Open to all adult women 18+
\$5 per session

Find connection and encouragement in a community of women who uplift and inspire one another. Our weekly Women's Support Group offers a safe space to share, learn, heal, and grow while gaining valuable tools to navigate life's challenges with confidence and hope.

REGISTER TODAY!



817.927.4040



TOPICS INCLUDE:



Stress reduction



Coping



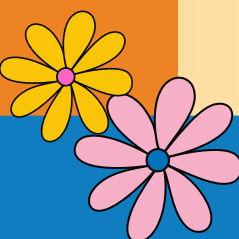
Goal-setting



Self-esteem building



Effective communication



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Fort Worth, TX 76110



More info:
wctc.org