

**STRONGER TOGETHER:**

**A support group for people who have experienced harmful relationships.**

Focusing on: self-empowerment, healing, coping strategies, and making healthy changes.

Find support in a healthy, safe environment.



***TUESDAYS 6-7PM***

**We will be meeting through ZOOM online**

**until further notice for a ZOOM invite**

**to support group**

**please email**

**Kate@northshorehorizons.org**



All are Welcome