



WORKSHOPS

DOMESTIC VIOLENCE

SIGN UP VIA EMAIL:
NCIAMRISE@GMAIL.COM

EMPOWERMENT WORKSHOPS

- ◆ What is IPV?/Domestic Abuse?
- ◆ Healthy vs. Toxic Relationships
- ◆ Setting Boundaries
- ◆ Financial Planning

WORKSHOPS

- *ALL WORKSHOPS LAST 45 MINUTES TO AN HOUR
- *CLASSES ARE OFFERED TO FIT YOUR SCHEDULE
- *MUST SIGN UP BY CALLING AND SENDING EMAIL EXPRESSING INTEREST

☎ (O) 919-283-1930

🌐 www.iamrise.org

📍 Zoom Invitation
Meeting ID: 783 716 3102
Password: RISE

Cost: \$25

Cashapp: \$Restoredinspired

