

WOMEN'S SUPPORT GROUP





STARTING JULY 8, 2026
WEDNESDAYS | 4:00 PM – 5:30 PM

Join a welcoming and supportive space designed for women to connect, share, and grow together. This group offers a safe environment to explore personal experiences, build coping skills, and find encouragement.

Who Can Join? Women (18+) seeking support, connection, and personal growth.



WHAT TO EXPECT:

-  **Open and guided discussions**
-  **Emotional support and connection**
-  **Stress management and coping strategies**
-  **A safe, judgment-free space**

Location:

7070 Brooklyn Boulevard
Brooklyn Center, MN 55429


Facilitator:

Dr. Vivian Ballah-Swaray, PsyD, LP

To Register or Learn More:

Call (763) 202-4767
or visit VEEMAH.COM

VEEMAH CONSULTING
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