

RRWES BOARD

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Release & Refresh Women's Empowerment Series, Inc., (RRWES) a 501(c)(3) Non-profit organization was established to provide Women & Girls with a safe environment to equip & encourage them to become their best self. Knowledge is power and providing Women & Girls an opportunity to unload & uplift is a powerful tool against low self-esteem, hopelessness, bullying & suicide.

GET CONNECTED:



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OUR MISSION

We are dedicated to improving the mental, emotional and spiritual health of Women & Girls through inspirational round-table discussions, workshops, seminars, classes and conferences. We provide Women & Girls a safe space to "Release the daily challenges of life" and "Refresh with Victorious Solutions."



GET INVOLVED!

We are a volunteer organization and would love for you to volunteer with us. We have a lot of good work to do! Visit our website & sign-up today!

DONORS

Your donations of any amount is appreciated. Please visit our website to see how you can **Get Involved!**

www.release-refreshwomens empowermentseries.org/