

BI-MONTHLY

SCHEDULE '25/'26

WOMEN'S SUNDAY SUPPORT GROUP EVERSON

11.30

TOPIC: STRESS
MANAGEMENT

12.14

TOPIC: SETTING
BOUNDARIES

12.28

TOPIC: BUILDING
SELF-ESTEEM

1.11

TOPIC: PERSONAL
PRACTICES

1.25

TOPIC: ENERGY
MANAGEMENT

FREE – COME JOIN US!
4PM – PLEASE ARRIVE ON-TIME
(DOORS LOCK AT 4:10PM)
103 W. MAIN ST, EVERSON
FOLLOW SIGNS UPSTAIRS

