

# Empowering Women

Reconnect with your own personal power in life. Learn to:

- Take action on your own behalf and develop assertiveness skills
- Set appropriate boundaries
- Make decisions that increase your well-being
- Receive support for growth and change

Meetings begin with a brief check-in, including a discussion of how you are doing in general. Then we turn our focus to specific issues you'd like assistance with. By sharing individual experiences, members can exchange ideas and solutions in a supportive environment.

Costs are covered in part by most insurance plans. Please contact your insurance provider for more information about plan coverage. To register, call 425-339-5453.

**Locations  
and times  
available  
online!**



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