
"Empowering Women Through Knowledge"

Join us for a series of Women's "Wellness & Self-Care" workshops /events

**Program starts Thursday January 30th, 2020
11:30 am-1:00pm @ ACE (1139 6th Ave)**
(Workshops/Events will occur twice monthly)

Upcoming Workshops include:

* Self Esteem	January 30, 2020 11:30-1:00
* Assertiveness	TBA
* Managing Strong Emotions	TBA
* Confidence & Public Speaking	TBA
* Beating the "Blues"	TBA
* Anxiety 101	TBA
* Social Interactions & Anxiety	TBA

Bonus Events may include:

- * Mini Health Fair
- * Foot Spa/Pedicure Day
- * Manicures
- * Other events as determined by participants

***Healthy Snacks and Refreshments will be provided.
Sign up and committed attendance is required for all
participants. Program is open to all female ACE members .***

All Workshops will be facilitated by Joyce Forsythe (M.Ed Counselling, RCC) & Ashley Giannisis (3rd year Social Work student UNBC)

The BC Schizophrenia Society PG Branch and the ACE activity Centre wish to gratefully acknowledge the financial support of the following organizations

