



JUST BETWEEN US! Dinner & Discussions

Community Support Group Sessions for Women

Held for women age 21 & older. Held at various community locations.

As life poses different challenges, it's always easier to make a transition when you can get advice from those who can relate and who are or have gone through similar circumstances. By attending the support group, women can begin self-care as the purpose for the group is to offer mutual support, provide & evaluate relevant information, relate personal experiences, listen to & accept others experiences, provide empathetic understanding & establish social networks in a confidential, safe and nurturing *environment*. Whether you're looking for inspiration, wisdom, encouragement or some light-hearted moments, we invite you to come share a meal and indulge yourself in inspirational conversation with other women just like you! Topics are centered on a variety of issues women face today.

For more Information or to host the group at your site, please contact:

**Project Coordinator for Women's Division
Servicing Clayton, DeKalb, Fulton and Gwinnett Counties**

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