**Power To Change**

**Women’s Only Group**

10-week personal development course for people who have experienced unhealthy relationships including sessions on self-esteem, boundaries and managing our emotions

Every **Monday**, starting on the **15th of May 2023**

**5.30pm-7pm**

at Red Rose Recovery Office, 58 Penny Street, Lancaster, LA1 1XF

**For more information, please call or text 07543 302 148**