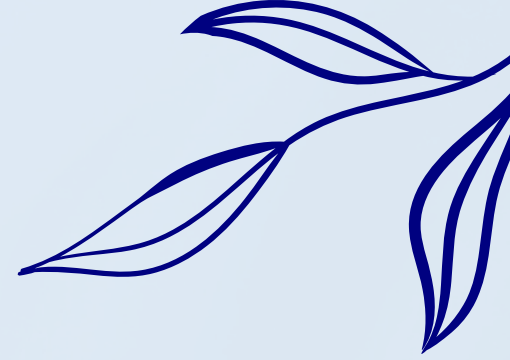


# RESILIENCE

ADVOCATES FOR ENDING VIOLENCE™



## Self-Empowerment for Survivors

5 Week Educational Series

### **TUESDAYS IN PERSON & ONLINE**

February 28: Introduction to Self Esteem

March 7: Silence the Inner Critic

March 14: Healthy Relationships

March 21: Overcoming Codependency

March 28: Taking Care of You

In Person: 11AM-12PM

RSVP: [BrandyE@ResilienceMI.org](mailto:BrandyE@ResilienceMI.org)

Virtually on Teams: 6PM-7PM

RSVP: [EsveideM@ResilienceMI.org](mailto:EsveideM@ResilienceMI.org)

\*Please plan to attend at least 4 of the 5 sessions



**SAFE SPACE**  
FOR EVERYONE 