

# Empowering Women in Relationships

## 10-Week Therapy Group



**Thursday mornings**  
**March 7th to May 9th, 2024**  
**9:00 am–11:30 am**

**No cost to participate**

 **LFS Counselling office:**  
**1098 3rd Avenue North**

This 10-week counselling group is for individuals who identify as female and who have experienced relationship imbalance, disempowerment, or abuse.

We will explore healthy relationship skills like how to set boundaries, communicate assertively, and learn to trust oneself and others.

This group invites women into a supportive and caring environment to nourish and empower oneself and one another.

**Open to:**

- Ages 18+
- Identify as female

**Facilitators:**

**Courtney Seefeldt, M.Ed.**  
**Registered Provisional Psychologist**

**Crystal Ross, M.A.C.P.**  
**Registered Provisional Psychologist**

**To register, please contact:**  
**Lethbridge Family Services Counselling Intake**  
**403-327-5724 or [counsellingintake@lfsfamily.ca](mailto:counsellingintake@lfsfamily.ca)**

**Intakes are occurring in February and March, 2024.**

**Lethbridge Family  
Services**   
Since 1910  
**Counselling, Outreach  
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