



Join us as we welcome you to our monthly CONNECT support groups and workshops. At times, life's challenges can feel isolating, but we believe that no matter what brings us together, we all share a common need—the support of others.

#### **Monthly Support Groups & Workshops:**

- **Cancer CONNECT:** A space where individuals facing the complexities of a cancer diagnosis can find understanding, empathy, and shared strength.
- **Caregiver CONNECT:** For those who selflessly care for others, this support group offers a community to share experiences, gain insights, and find solace.
- **Domestic Violence Support:** A safe haven for survivors and those impacted by domestic violence, fostering a supportive environment for healing and empowerment.
- **Peer Groups (Youth & Teens):** Providing a nurturing space for young individuals to connect, share, and navigate the challenges unique to their age group.
- **What Next Workshop:** Guiding individuals through transitional phases, this workshop offers insights and strategies for moving forward with resilience and purpose.
- **CHOICES Workshop:** Empowering youth in domestic violence prevention with tools to make informed decisions about conflict resolution, this workshop is open for those ages 12-21 and creates a safe space to cover a range of topics to support personal growth and well-being.

#### **Bringing Support to You:**

We understand that sometimes the support you need is best found within the comfort of your own organization or event. That's why we offer the flexibility to bring our support groups to you. Whether it's a workplace, community organization, or special event, our experienced facilitators are ready to create a safe and supportive space tailored to your unique needs.

No one should face life's challenges alone. Join us for an enriching experience where understanding, compassion, and shared strength come together.

Connect with us and discover the power of community support.