



2 West Street

Danbury, CT 06810

Phone: 203-731-5200 Fax: 203-731-5207

Website: www.wcogd.org

Email: womenscenter@wcogd.org

Facebook: https://www.facebook.com/pages/The-Womens-Center-of-Greater-Danbury/140116302702053?ref=tn_tnmn

Twitter: <https://twitter.com/WCofGD>

Instagram: <https://instagram.com/thewomenscenterdanbury/>

YouTube: <https://www.youtube.com/channel/UCpzQIPuDxUNYw0v91aWjT7w>

Contact: Patricia A. Zachman, M.Ed., President & CEO.

Women's Center Offers Spring Support Groups

DANBURY, March 28 - The "I AM OK!" workshop focuses on self-esteem and anxiety management. Topics include the dynamics of self-esteem and affecting positive change, stress triggers and coping with anxiety. This closed, facilitated group will meet weekly for eight evening sessions beginning Wednesday, April 6th at 6:30 p.m.

Our three "Thriving Women" ongoing support groups offer a safe place for women to focus on sustaining healthy relationships, and changing or transitioning out of unhealthy relationships. We explore how to cope with the anxiety, depression, anger, and substance abuse that can be common responses to relationship issues. Weekly morning and afternoon groups are available on Mondays and Tuesdays.

In addition, we have added two weekly bilingual "Thriving Women" support groups in Portuguese and Spanish on Thursday evenings this spring. The Portuguese speaking group will initially meet for six weeks from 6:30 – 8:00 p.m. starting April 21st. The Spanish speaking group will initially meet for 16 weeks from 6:30 – 8:00 p.m. beginning April 21st.

Registration is required for participation in all *free and confidential* workshops and support groups, so please call (203) 731-5200 for more information and to sign up.

The Women's Center provides free and confidential services to prevent or lessen the trauma associated with domestic violence, sexual assault and other major life transitions to thousands of women, children and men annually. The programs of the Women's Center are supported by state and local government, area United Way agencies and the people and businesses in the communities we serve including Bethel, Bridgewater, Brookfield, Danbury, Kent, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, Sherman, Warren and Washington, CT.

END