

Hands of Hope

A division of Family Service Society, Inc.
664-0701

WEND – Women Exploring New Directions in Their Relationships

Every Thursday evening

Sept. 1: Always sweat the small stuff

**Sept. 8: Using Rational/Thinking Part of our
Brain to Evaluate Negative Thoughts**

**Sept. 15: Getting Real: Realities About
Yourself**

**Sept. 22: Getting Real: Realities About
Others**

Sept. 29: Getting Real: Realities About Life

Group meets at a confidential location. For information about group locations, please
call: 664-0701 **GROUP IS FREE, CONFIDENTIAL AND CHILDCARE IS
PROVIDED.** This group is facilitated by a Hands of Hope Advocate