

LifeForward

Believe, Build, Be.

A **Free** Workshop Series for Women

Believe in your unlimited power and potential, **Build** the skills necessary to succeed, **Be** the powerful woman you are meant to be!

A TIME TO EXHALE – Coping Skills!

*Moments of anger & conflict in your home? Do you have stress issues?
Learn techniques to cope!*

Presented By Ruby Solis

Saturday, September 20, 2014

10a.m. – 12:30 p.m.

Savia Community Center
23780 Newhall Avenue
Newhall, CA

Ruby Solis is a Therapist at Child & Family Center. Ruby specializes in helping women, Domestic Violence victims, and others with stress related issues.

Join us for an informative workshop that has something for ALL women

Certificate
Drawing 10 am

Child Care Available

Child care is sponsored by Single Mothers Outreach. Register no later than one week before the workshop at www.singlemothersoutreach.org or call 661-288-0117

ALL ARE WELCOME!

LifeForward workshops are sponsored by Zonta Club of Santa Clarita Valley in collaboration with Single Mother's Outreach, Domestic Violence Center, SF/SCV Habitat for Humanity returning women Veterans, and LA County Department of Child & Family Services serving foster moms. Schedule of upcoming workshops at www.zontascv.org

