



CARE
PROGRAM PRESENTS

Women's Empowerment Group

**EVERY THIRD WEDNESDAY
OF THE MONTH
FROM 12:30PM TO 2PM
THROUGH ZOOM
BEGINS MARCH 17, 2021**

Please come join our **free** workshops as we discuss and practice skills related to self-care, self-compassion, healthy communication, boundaries, and more!

**TO REGISTER: PLEASE CONTACT ESTHER PARK AT
EPARK@HYCINC.ORG OR CALL (562) 321-8702**

COMMERCE OFFICE

15400 E. OLYMPIC
BLVD. STE 225
COMMERCE, CA 90022
(213) 226 -0969

WHITTIER OFFICE

14181 TELEGRAPH RD.
WHITTIER, CA 90604
(562) 273 - 0722

NORWALK OFFICE

112440 E. FIRESTONE
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