

**YOU ARE INVITED – PLEASE REGISTER**

*In response to the rise of violence and anxiety surrounding VAW (Violence Against Women) within the “ACB” (African, Caribbean, Black) Community during the COVID-19 pandemic, the Canadian Center for Women’s Empowerment will be hosting a weekly virtual support group for Women of Colour in collaboration with Fabiola’s Addiction and Mental Health Awareness and Support Foundation, Federation Femmes Enfants Avenir Monde and SMJ Magazine & Shelland House of Films. Studies have shown that Women of Colour experience unprecedented rates of intimate partner violence which comes with the cultural pressure to keep silent during this abuse. Such abuse tends to escalate during times of social crisis. Join us for a one-hour support group and receive empowerment and resources from skilled professionals, advocates, survivors etc. on varying topics ranging from self-care and recovery, parenting during COVID-19, resilience, anger management, and more!*

To register email @ [info.ccfwe.org](mailto:info@ccfwe.org)  
**For more Information – Please Contact:**  
**Meseret Desta at [mesidesta@gmail.com](mailto:mesidesta@gmail.com)**



**NATACHA PENNYCOOKE**

**Registered Psychotherapist**

## **MANAGING ANXIETY AND DEPRESSION**

**REGISTER**

[info@ccfwe.org](mailto:info@ccfwe.org)  
[www.ccfwe.org](http://www.ccfwe.org)

**MAY • 9 • 2020**

**TIME**

4:00pm- 5:00 PM

**AFRICAN, CARIBBEAN AND BLACK (ACB) - WOMEN'S SUPPORT GROUP**

**CANADIAN CENTER FOR WOMEN'S EMPOWERMENT**



## **AFRICAN, CARIBBEAN AND BLACK (ACB) WOMEN'S SUPPORT GROUP**

**STARTING MAY 9, 2020**

We welcome you to join our weekly virtual women's support group  
Topic to be discussed include;

- Resilience, self-care, recovery
- Parenting during Covid-19
- Managing anxiety, depression & anger management
- Safety planning
- Nurturing healthy relationship
- Wellness, yoga and meditation

To register, please email at [info@ccfwe.org](mailto:info@ccfwe.org)



Canadian Center for Women's Empowerment