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 selfcare and recovery, parenting during COVID-19, resilience, anger management, and more!

To register email @info.ccfwe.org For more Information – Please Contact: Meseret Desta at mesidesta@gmail.com



NATACHA PENNYCOOKE

Registered Psychotherapist

MANAGING ANXIETY AND **DEPRESSION**

REGISTER

info@ccfwe.org 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











CANADIAN CENTRE | CENTRE CANADIEN
FOR WOMEN'S | POUR L'AUTONOMISATION



STARING 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 managment
- · Safety planning
- Nurturing healthy relationship
- Wellness, yoga and meditation

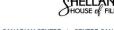
To register, please email at info@ccfwe.org











Canadian Center for Women's Empowerment