

FEBRUARY THERAPY GROUPS AND LIFE SKILLS WORKSHOPS

DVRC-33 Journey, Suite 150,
Aliso Viejo, CA 92656

Soundbath

February 10th
5:30-6:30 pm
Facilitator: Amber C

DV Support Group

February 18th
5-6 pm
Facilitator: Megan

Creative Voice Workshop

February 21st
1-2:30 pm
Facilitator: Brianna

Cinema Therapy Workshops

February 20th and 27th
5:30-7:30 pm
Facilitator: Anastasia

Stress Reduction with Meditation, Breathwork, and Aromatherapy

February 27th
4:30-5:30 pm
Facilitator: Dina K.

DVAC-12453 Lewis St, Suite 201,
Garden Grove, CA 92840

Parenting Series: Healthy Communication with Kids and Teens

February 19th
10 am-12 pm
Facilitator: Dana

Grief, Growth, and Healing Group

February 24th-March 31st
5:30-7:30 pm
Facilitator: Victoria

Taller de Inmigracion

Febrero 18
4-6 pm
Presentadora: Omaraid
Guerrero

*For more information & to confirm eligibility for advanced groups/workshops, call 949-361-3775.

*Registration and intake are required before workshop participation.

*Completion of PEP required prior to Advanced Group Participation.

LAURA'S  **HOUSE**

Inspiring Hope and Empowering Change to End Domestic Violence