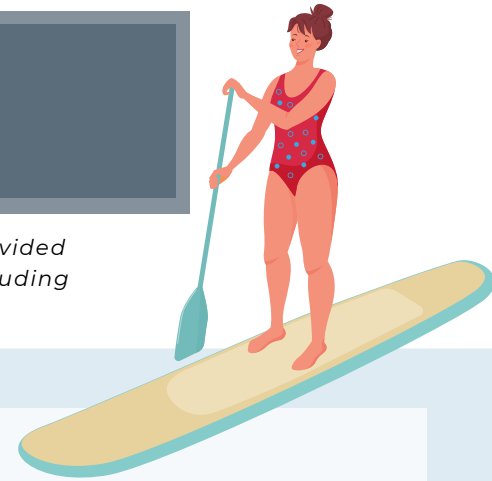


womens EMPOWERMENT



JUNE 29, 2024
9:30AM-3:30PM
LOCATION: MISSION BAY



Information about daily events will be provided in a detailed email prior to the group- including the specific address for event.

ABOUT:

These weekend workshops are focused on increasing self-confidence, identifying the roots of anxiety, learning coping skills, enjoying yoga/therapeutic body movement activities, and building community with others with similar stories.

THE GROUP:

This retreat welcomes the experiences of all women+. Please join us if you identify as a woman or femme in any way that is important to you.

FOR ACCESSIBILITY INFORMATION AND ACCOMMODATION REQUESTS:

Contact
Dr. Allison Brownlee
allison@strongertogethersd.org

THE TEAM:

This experience is led by STCS Clinical Director Dr. Allison Brownlee and a team of clinicians who are invested in supporting women+ on their journey to wellness and emotional well-being.

WORKSHOP DETAILS AND COST:

- Cost : \$50 per workshop (Scholarships and Payment Plans available)

Bring a buddy and receive a discounted rate! (2 pals for \$75.00!)
- Paddle boards, lunch, snacks and water are included. Please bring any items that will support your comfort including but not limited to: a chair, a towel or mat to sit on, and a journal.

REGISTRATION AND QUESTIONS:

WomensEmpowerment@StrongerTogetherSD.org

