

———— Please Join Us ————  
**VIRTUAL SUPPORT GROUP  
FOR WOMEN**

**NOW ONLINE VIA ZOOM**



## Women's Support Group at DCRC

Join us virtually via Zoom! This group is a safe and judgment-free environment where you can re-discover your own voice as you give and receive support for the many issues that we struggle with as women: self-esteem, identity, relationships, work/life balance, family, health, and so much more. This is a peer-to-peer group where women come together for healing, sharing, and empowerment.

We use an inclusive definition of “woman” and “female.” We welcome trans women, genderqueer women and nonbinary people who are significantly female-identified.

To join, please email Nancy at [nancy@dcrc.co](mailto:nancy@dcrc.co) or contact us at (310) 390-3611 and ask for Nancy at ext. 274.

## Join Us:

**Wednesdays**  
**11:00 am- 12:00 pm**  
**Online via Zoom**

You can download Zoom for free at <https://zoom.us/download> or get the Zoom app on the App Store or the Google Play Store on your respective smart device. There is also an option to call in You can email or call Nancy for more information.