

## A Gathering for Domestic Violence Survivors & Grieving Mothers

## SUNDAY, MARCH 30 3 TO 5 P.M.

## SOLOMON'S PORCH, 622 HIGH ST FREE ADMISSION, RSVP REQUIRED

Experience an afternoon of reflection and renewal. This free, guided event is designed to help women understand the difference between pain and hurt, acknowledge their resilience and take steps toward healing.

## What to Expect:

- A peaceful atmosphere with refreshments
- Reflection and journaling on personal pain and healing
- Guided meditation and affirmations









RSVP at bit.ly/StrengthInEveryScar or email Tanya.Wooden@cityofracine.org for more information