Together we can discover our strengths.

Come join us to discuss things like relationships, self-care, boundaries, values, goals, coping with adversity, balance, and many more



"As daughters, sisters, friends, lovers, partners, spouses, mothers, co-workers, neighbors, leaders, and grandmothers, women are central in the making and shaping of communities- surviving and thriving, protecting and nurturing life on earth."

Learn more and connect:

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