

# Self-Sufficiency Workshop Series

October 4 to November 22, 2023

Wednesdays

11:00am - 1:00pm

Location: Interval House



## New Series

1. Understanding Abuse
2. Improve Self-Confidence
3. Managing Stress
4. Building Boundaries
5. Healthy Relationships
6. Challenging Your Fears
7. Rebuilding Trust
8. Who am I after abuse?

BESS presents a new in-person workshop series of 8 topics designed to address barriers to success and facilitate healing from intimate partner abuse.

RSVP to Anusha  
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BESS - Building Economic Self-Sufficiency



By her side  
for 50 years