

Events & Support Groups

SUPPORT GROUPS & WORKSHOPS THROUGH THE WOMEN'S CENTER OF GREATER LANSING

**ALL GROUPS SUBJECT TO CHANGE. PLEASE CONFIRM AND ENROLL BY CALLING THE WOMEN'S CENTER*

Updated on: 7/21/2016

Healthy Relationships/ Domestic Violence Support Group

Meets: Saturdays Time: 12:00 p.m. to 1:30 p.m.

Support group for women experiencing intimate partner violence . Confidential and no cost. Please call for more information.

Sexual Assault Support Group

Meets: Mondays Time: 6:30 p.m. to 8:00 p.m. ON HIATUS UNTIL JANUARY 2017

Contact Ruth for more information .

16 Steps of Discovery & Empowerment

Meets: Wednesdays (starting January 11, 2017) Time: 5:15 - 6:30pm

A recovery program based on flexibility and openness , using a holistic approach to overcoming addiction that views people in their wholeness-body , mind , and spirit. Based on the work of Charlotte Kasl.

Understanding Money Workshop (pre-registration required)

Meets: By appointment only. Please contact Patsy at the Women 's Center to make an appointment.

Cancer Support Group

Meets: Thursdays Time: 2:00- 3:00 pm

This group is open to anyone who has cancer currently or is in recovery from cancer.

Mindful Yoga Therapy Class - THURSDAYS 5:45 PM

MYT was developed to work with people who have experienced trauma or have other related psycho-emotional illnesses. MTY incorporates awareness of breath and body to bring down a hyper-vigilant mentality; builds resiliency to live in a more productive and peaceful way. This class will benefit anyone who lives with PTSD , Traumatic Brain Injury , Anxiety or ADD .

<http://www.womenscenterofgreaterlansing.org/events/>