

Healthy Relationships Support Group

Mondays, 3:30-4:30 pm, March 27-May 1

The Women's Initiative, 1101 E High St, Charlottesville

Relationships are an integral part of healing and growth, requiring care, compassion, and commitment. In this group, individuals will explore how to be their best selves when connecting with others.

No preregistration necessary.
Newcomers welcome each week.

Facilitated by Aisha Hayat,
LPC, and Shelly Wood, MSW.



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