VIRTUAL

Self-Care & Awareness Support Groups

Topics include: coronavirus information, coping skills, self-care methods, and much more!

**YOUTH GROUPS**
Ages 5 - 11: Wednesdays 2PM - 3PM
Ages 12 - 17: Thursdays 2PM - 3PM
Contact: dlanuza@ywca-sv.org

**ADULT GROUPS**
English: Thursdays 10AM - 11AM
Español: Viernes 10AM - 11AM
Contact: yigonzalez@ywca-sv.org

eliminating racism empowering women

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