

RECLAIM

A Weekly Online Group

for LBT+ Womxn



A safe and affirming support space for LBT+ womxn who have experienced sexual, physical and/or domestic violence or abuse.

Don't be alone, connect and share with others while learning techniques and strategies to manage the impact of trauma on your daily life.

Wednesday's 11am-12:30pm via Zoom



For more information,
please email: mentalhealth@elop.org