



**One2Another**

invites you to

**BRAVE**

Building Resilience and  
Vital Empowerment

A 10-week group to help adults who have experienced trauma explore skills to move from surviving to growth.

**STARTING APRIL 1<sup>ST</sup>, 2026**

**10:00AM - 12:00PM**

**Albany St. Alban's Episcopal  
1730 Hill ST SE**

No Child Activities provided.

**TO REGISTER**  
call (541) 570-0284  
[one2another.net/register](https://one2another.net/register)

