

BRAVE

BUILDING RESILIENCE AND VITAL EMPOWERMENT

10-WEEK CLASS AND SUPPORT GROUP TO EXPLORE THE IMPACT OF TRAUMA AND COPING SKILLS TO HELP TAKE INDIVIDUALS WHO HAVE EXPERIENCED TRAUMA FROM SURVIVING TO THRIVING.

**TUESDAYS
5:30-7:30 PM**

**SEPTEMBER 15TH
TO
NOVEMBER 17TH, 2026**

**ONE2ANOTHER OFFICE
1113 HILL ST SE
SUITE L**

**FOR MORE
INFORMATION, TO
REGISTER OR FOR FEE
AMOUNT CALL THE O2A
OFFICE
541.570.0284**



[ONE2ANOTHER.NET/REGISTER](https://one2another.net/register)