

B.R.A.V.E.



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

**WEDNESDAYS
10AM-12PM**

**SEPTEMBER 16TH
to
NOVEMBER 18TH, 2026**

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



**TO REGISTER,
GET FEE AMOUNT,
OR MORE INFORMATION
CALL THE ONE2ANOTHER
OFFICE 541.570.0284**



one2another.net/register