



# Women-to-Women Support Group

Are you a mother, sister, aunt, grandmother, or friend impacted by life's transitions?  
*Shifts in Relationships? The loss of a loved one? Health challenges? Career Changes?  
Retirement? Affected by substance abuse?*

**Come to this group for support from other women who understand your journey!**

**-NO COST to Participants**

Hosted by:  
**Danielle Bennett MS., LADC**  
**NV LIC. 01886-C**

**Beginning Thursday, February 13**  
**Occurs every Thursday**  
**Suicide Prevention Network Office**  
**1625 State Rte 88 Ste. 101**  
**Minden, NV 89423**  
**6:00 P.M. - 7:30 P.M.**

#### TOPIC DISCUSSIONS:

- Wellness and Self-Care
- Family and Interpersonal Dynamics
  - Stress Management
  - Networking
- Signs of opioid use, overdose, and withdrawal  
(Understanding urges, cravings, and triggers)  
*(for women 18 and up)*

**Please call for more information and  
to reserve your spot!**  
**Suicide Prevention Network**  
**775-783-1510**



**Suicide  
Prevention  
Network**

Sponsored by Douglas County's One Nevada.

