

18+

"Let it Go, Sis'!"

an empowHER series

A COST-FREE SUPPORT GROUP FOR BLACK-WOMEN

A curated space to give and receive words of encouragement, motivation, and mental and emotional support amongst a collective of *Sistahs*.

Every 2nd and 4th Monday
evening 6:00 PM - 7:30 PM

Register Today!

520 9TH STREET, SUITE 102
SACRAMENTO, CA 95814
(916) 269-4102

WWW.GETONTRACK.ORG/SOUL-SPACE



SACRAMENTO COUNTY



SIERRA HEALTH FOUNDATION



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