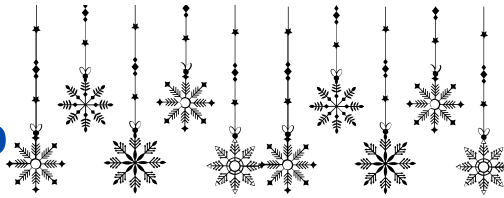
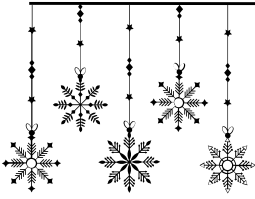


# The Winter Connections Group



ann davis transition society



**Join us for the ONLINE Connections group  
Wednesdays from 12:00-2:00 pm**

## Information:

Connections is a group developed to address issues relating to shame, and to develop shame resilience. The program is ideal for those struggling with self-esteem, love and belonging, authenticity, the development of empathy, connection, power, and the ability to cultivate a resilient spirit.

**When?** Wednesdays from 12:00 pm-2:00 pm

**Dates:** January 17-March 20, 2024

**Who's eligible?** Woman 18+

**Program Costs?** \$25.00 \*Includes Book

### Registration Required

**How to Sign up?** Contact Ann Davis front desk 604.792.2760 or  
email: [info@anndavis.org](mailto:info@anndavis.org)

**\*\*If unable to join session one, participants welcome to join in session two**

## The Dates for Sessions:

January 17th	January 24th	January 31st
February 7th	February 14th	February 21st
March 6th	March 13th	March 20th