

BALANCE

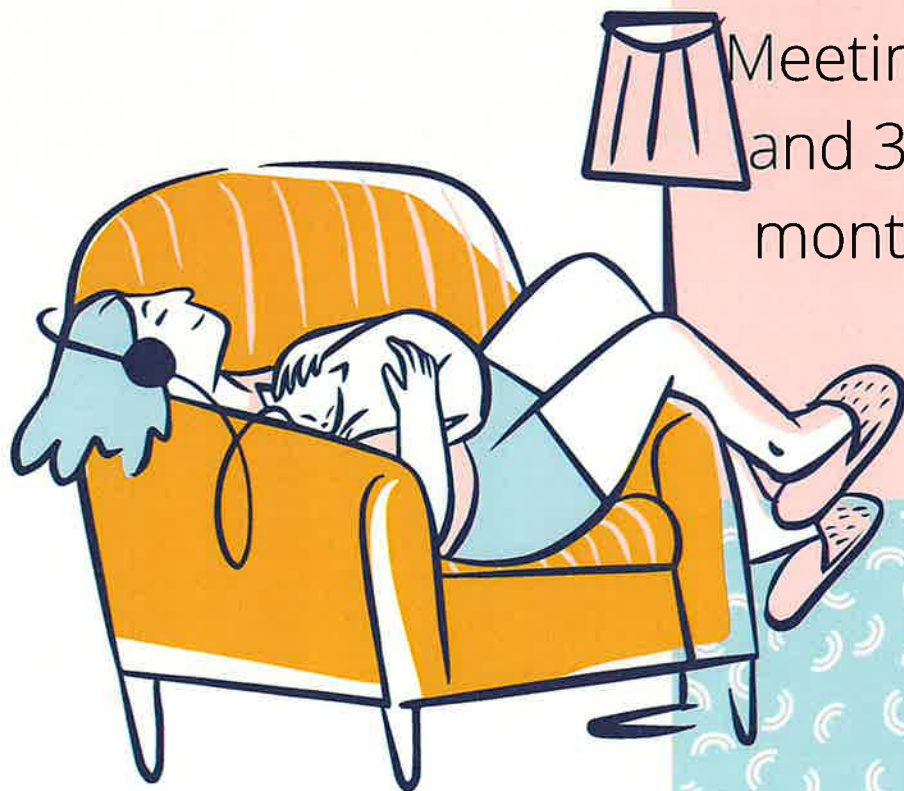
A Self Care Support Group for
Womxn

During these tough times it is more important than ever to take care of our mental, emotional and physical health

Join us from the comfort of your own home for a virtual self care group.

Meetings are every 1st and 3rd Friday of the month from 12-1pm

Participate to your comfort level- Camera and microphone use is optional for all attendees!



Opening Doors to Independence

For more information and to get the access link contact Access Alaska at

(907) 357-2588/info@accessalaska.org