

Women's Empowerment Class

Women's Empowerment is designed to enhance the lives of women and their families by addressing issues that specifically impact their "health, finances and self-worth."

The YWCA goal is to help women and their families find a healthy sustainable livelihood.

This is a group process, teaching skills for women to enhance their lives.

Please Contact Loa or Judy to enroll at:

402-345-6555

Cost Information:

- DHHS vouchers are acceptable
- Course cost total: \$145
 - Includes \$25 initial fee which covers material and intake costs and
 - \$10.00 a week for group session

Class Information:

- 12 weeks of classes, 90 minutes each
- Classes are held at the YWCA:
 - Tuesdays 5:30 p.m. to 7:30 p.m.
 - Wednesdays 10:00 a.m. to 12:00 p.m.



Phone: 402/345-6555
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Omaha, NE 68131
www.YWCAOmaha.org

*YWCA~Omaha helps women
and their families build lives of
strength, growth and stability.*

