

expectrespect®

A Program of SAFE

5 Weeks - Safe Space - Real Talk

Free-Safe-Confidential SUPPORT GROUP

EXPECT RESPECT® is a proven curriculum focused on building healthy relationships, confidence, and communication.

Middle School Girls

Monday, Sept. 15	4:30 - 6:00 p.m.
Friday, Sept. 19	4:30 - 6:00 p.m.
Monday, Sept. 22	4:30 - 6:00 p.m.
Friday, Sept. 26	4:30 - 6:00 p.m.
Saturday, Oct. 4	10:00 - 11:30 a.m.

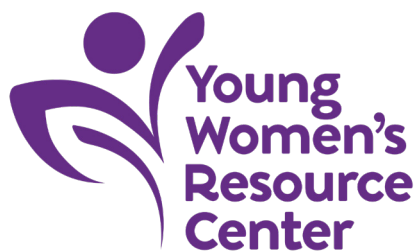
High School Young Women

Monday, Sept. 15	6:00 - 7:30 p.m.
Friday, Sept. 19	6:00 - 7:30 p.m.
Monday, Sept. 22	6:00 - 7:30 p.m.
Friday, Sept. 26	6:00 - 7:30 p.m.
Saturday, Sept. 27	10:00 - 11:30 a.m.

Groups are held at the Young Women's Resource Center
818 5th Avenue, Des Moines, IA 50309

Questions? Contact Maria Alonzo at 515.669.6246 or
counseling@ywrc.org. **Sign-up online at**
ywrc.org/expectrespect or QR code.





expectrespect®

A Program of **SAFE**

5 Semanas - Espacio Seguro - Pláticas Reales

GRUPO DE APOYO Gratuito-Seguro-Confidencial

EXPECT RESPECT® es un curriculum enfocado en la construcción de relaciones saludables, confianza y comunicación.

Niñas de Secundaria

Lunes, Sept. 15	4:30 - 6:00 p.m.
Viernes, Sept. 19	4:30 - 6:00 p.m.
Lunes, Sept. 22	4:30 - 6:00 p.m.
Viernes, Sept. 26	4:30 - 6:00 p.m.
Sábado, Oct. 4	10:00 - 11:30 a.m.

Niñas de Preparatoria

Lunes, Sept. 15	6:00 - 7:30 p.m.
Viernes, Sept. 19	6:00 - 7:30 p.m.
Lunes, Sept. 22	6:00 - 7:30 p.m.
Viernes, Sept. 26	6:00 - 7:30 p.m.
Sábado, Sept. 27	10:00 - 11:30 a.m.

Los grupos se reúnen en el Young Women's Resource Center
818 5th Avenue, Des Moines, IA 50309

¿Preguntas? Contactar Maria Alonzo al 515.669.6246 o
counseling@ywrc.org. **Regístrese en línea en**
ywrc.org/expectrespect.

