Women's Circles at MESA
Connection ● Healing ● Community

Contact MESA: info@movingtoendsexualassault.org

Women's Circles at MESA are safe, supportive gatherings for adult women (18+) who have experienced trauma. Each two-hour circle includes grounding activities, reflection, and opportunities to share in community. Participation is always optional—you are welcome to simply listen or engage as you feel comfortable.
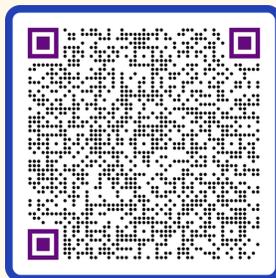
Why a Women's Circle?
Survivors often long for connection and community. Healing can feel isolating, and Women's Circles create a space of belonging, resilience, and shared strength. Each month, we focus on honoring our past, present, and future selves.

Who Should Attend
- Women ages 18+
- Survivors of sexual violence, childhood abuse, relationship harm, or other life challenges
- Those seeking connection, reflection, and healing outside of therapy or a support group

Upcoming Dates
- Thursday, March 26th
- Thursday, April 23rd
- Thursday, May 28th
- Thursday, June 25th
- Thursday, July 23rd

Time & Location
- Time: 6:00 – 8:30 PM
- Location: Heart Centered Yoga Studio at MESA; 1455 Dixon Avenue, Lafayette, CO 80026
- Plenty of free parking; building is fully accessible (elevators & restrooms).

Want to Facilitate or Volunteer?
We welcome women who want to help!
- Event support (*greeting, set-up, logistics*)
- Peer-led activity (*guided art, journaling, reflection*)
- **Contact us:** 303.443.0400 or info@movingtoendsexualassault.org

Note
- This is not a support group, therapy or clinical treatment. It is a structured, trauma-informed community gathering designed to support healing and connection.

Registration Process
- Cost: $10 per session
- Registration Required via Eventbrite

For Questions or additional details, feel free to call us at **303-443-0400** or visit our website, *https://bit.ly/MESAWomenCircles*

MESA
Moving to End Sexual Assault
a program of Clinica Family Health & Wellness