

G.R.O.W. Foundation's...

GROWing Fighters

DOMESTIC VIOLENCE SURVIVOR SUPPORT GROUP

Where trauma faces triumph

When

Jul 16, Aug 20, Sept 17,
Oct 15, Nov 19, Dec 17
8AM-10AM

Attire

Comfortable
exercise clothing

Where

MatchBout Boxing
868 Oklahoma Drive
Chesapeake, VA 23323

Limited spots available!



18+
Open to survivors of all
genders and backgrounds

\$10 Per Session
Light and Healthy Refreshments

What each session includes

1 hour trauma informed support session facilitated by Neisha Himes,
G.R.O.W. Founder & CEO, and co-facilitated by Amanda Romero, LPC Resident

45 min group workout and boxing training facilitated by MatchBout.

For more information

Email: info@growfoundationva.org
Website: www.growfoundationva.org

