



# Family of Women

## Long Stemmed Roses Chapter

*April 2021 Zoom Meetings Open to Guests*

### **Community Service Project**

**Create cards/gifts for soldiers, people in nursing homes, or other groups.**

*Thursday, April 8 - 6:30-9:00 pm PT*

*Wednesday #1 & #2, April 14 - 9:30-11:30 am PT (daytime)*

### **"Self-Neglect v. Self-Care"**

**Tools to help us move from self-neglect to healthy self-care.**

*Thursday, April 14 - 6:30-9:00 pm PT*

*Tuesday, April 20 - 5:30-7:30 pm PT*

*Wednesday #1 & #2, April 21 - 9:30-11:30 am PT (daytime)*

### **"Body Love"**

**To have the best relationship with our body so that we have the life we love.**

*Tuesday, April 27 - 5:30-7:30 pm PT*

*Wednesday #1, April 28 - 9:30-11:30 am PT (daytime)*

### **Open Agenda - "Personal Core Values"**

**Confirm your personal core values that guide you in your life.**

*Wednesday #2, April 28 - 9:30-11:30 am PT (daytime)*

**For more information or to get  
Zoom call-in information, contact  
[ChapterAA.LSR@gmail.com](mailto:ChapterAA.LSR@gmail.com).**

**To learn more about the  
Family of Women, visit  
[www.familyofwomen.org](http://www.familyofwomen.org).**