



# SAHELI OFFERS A NEW SUPPORT GROUP FOR WOMEN

- ❖ Join the women's support group
- ❖ Encourage a friend to join
- ❖ Accompany someone going through a tough time in her life to the first meeting
- ❖ Give a ride to someone who would like to attend
- ❖ Suggest topics for discussion
- ❖ Offer your expertise as a presenter.

We will discuss and offer guidance on  
**Work** – finding it, being good at it  
**Family**- balancing family and work  
**Leisure** - how to make time for fun  
**Relationships** – working hard to improve current ones and finding new ones  
Having difficult conversations about life issues  
Book discussions, trips to movies, dinner, shopping and more

**Burlington Public Library  
22 Sears Street  
Burlington, MA 01803**

Convenient by bus Red Line to  
Alewife T Station  
Plenty of Parking  
Call Seema at 1-866-472-4354 for  
information

**6:30 to 8:30 pm  
Every Third Wednesday of Month**

**Starts 1/21/2009**

SAHELI, Friendship for South Asian Women, offers this free support group to the community. We do not discriminate on the basis of race, gender, age or ethnicity.

For further information about Saheli go to the website below

P.O. Box 1345, Burlington MA 01803  
[www.saheliboston.org](http://www.saheliboston.org)

**Saheli is an affiliate of the India Association of Greater Boston**