



*New Star Family  
Justice Center*



## Recipes For Empowerment

A Support Group for Women

Learn a different culinary technique each week and share your own recipes with other women in the community in this 5 week program. Join us for a unique opportunity to have your recipe published in a book whose proceeds will go to help the New Star Family Justice Center programs and services

*"Working Together-  
Changing Lives"*

[www.NSFJC.org](http://www.NSFJC.org)



### A Culinary Healing Journey

- \* Be inspired by diverse women through stories of empowerment and healing recipes.
- \* Learn about healthy relationships, tackling life challenges women maybe be facing and identifying key resources and information.
- \* Share recipes and empowerment experiences through regular gatherings.
- \* Support women through their healing process.

### *Featured Chef*



Meet a chef each  
week

### *Recipes for Empowerment*

**When:**  
Saturday March 31; April 7, 14, 21 and 28  
11:30 AM to 1:00 PM

**Where:**  
International Institute of Tolerance (IIT)  
305 West Torrance Boulevard, Unit G, Carson, CA 90745

Free Admission - Limited Space  
Registration Required: 323-345-2686

