

# HAVE YOU BEEN ABUSED?

Get Started on a New Life with ...

## *My Avenging Angel Workshops™*

*“Living well is the best revenge.” George Herbert*

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**CT Alliance for Victims of Violence  
& Their Families, Inc.**

FOR WOMEN WHO . . .

have been abused by domestic violence, sexual assault, sexual harassment,  
stalking, emotional abuse or verbal or physical assault, and,  
have left those abusive environments and desire to grow and change.

THIS WORKSHOP EMPOWERS WOMEN TO . . .

- \* **CONQUER** self doubt,
- \* **DISCOVER** hidden talents,
- \* **HEAL** their wounded spirit,
- \* **CREATE** a new future for themselves.

These are **FREE, VIRTUAL** on-line Workshops in **TWO** SESSIONS.

*(Please plan to attend both ZOOM sessions of each workshop.)*



**Advanced registration is required.**

To pre-register on-line, go to  
<https://bit.ly/registerworkshoponline>

*My Avenging Angel Workshops™  
provide the critical “next step” for  
women to break cycle of violence  
and reclaim their lives.*

Saturday, February 3 and 10, 2024  
**10:30 a.m. – 4:30 p.m. both days.**

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Saturday, March 2 and 9, 2024  
**10:30 a.m. – 4:30 p.m. both days.**

Please indicate when you register which two-day  
workshop program you would like to attend.

You will receive a link to these ZOOM  
virtual sessions after you register.

**WORKSHOP LEADER Susan Omilian is an attorney, author and advocate for women.**  
Contact Susan at 860-236-2401 or [susanom@comcast.net](mailto:susanom@comcast.net). Visit [www.myavengingangel.com](http://www.myavengingangel.com).

*These workshops are dedicated to the memory of Susan’s niece, Maggie, 1980 - 1999.  
For more about Maggie and Susan’s work in her honor, visit [www.fbriverzone.com](http://www.fbriverzone.com).*