



# Chrysalis

## Development Program for Women

Inspired

Empowered

Register online by visiting:  
[www.plumasruralservices.org/chrysalis](http://www.plumasruralservices.org/chrysalis)

Or contact Sarah Holcomb  
[sholcomb@plumasruralservices.org](mailto:sholcomb@plumasruralservices.org)  
(530) 283-5675 ext. 867

### What You Can Expect:

- Identify, Build on Your Strengths
- Increase Confidence, Self-Esteem
- Make Goals to Achieve Your Dreams
- Supportive Group Training, Discussions
- Improve Mental, Emotional, Financial Well-being

**Dec. 13, 2023 - Jan. 31, 2024**  
**Wednesdays 5:00pm - 7:00pm**  
**8 weeks**

Plumas Rural Services  
711 E. Main St, Quincy



**Plumas Rural Services**  
*Serving people, Strengthening families, Building communities*  
[www.plumasruralservices.org](http://www.plumasruralservices.org)