

Find Your Voice



Support Group (Confidential) - Monday Evenings from 5 pm – 7 pm

Abenaki Nation of Missisquoi Tribal Council Building

100 Grand Ave (Use side screen door)

Swanton VT. 05488



Contact

Michele Bessette Advocate/Outreach Coordinator for Domestic/Sexual Violence

Call/text: 1-802-782-3843 or if zoom works better text/email for link

michele.bessette@abenakination.com

Do you like to journal? Healing Through Words is a Journaling exercise for anyone who wants to feel more connected to themselves. This is a guided writing exercise designed to help you explore trauma, love, and healing to tap into your inner world.