The Ashland County Council on Alcoholism and Drug Abuse is hosting a women’s empowerment conference aimed at supporting women who may have suffered trauma and abuse.

The conference is called Breaking my Boundaries, a group founded three years ago by Julie McManus, a speaker and executive coach. It will be held at the Holiday Inn Express in Ashland on Sept. 21.

ACCADA counselor Lori Au said she had taken six women who were clients at ACCADA and the impact the conference had on those women was powerful.

“The women that we took to the conference were so affected in such a positive way from the conference,” Au said. “I felt like we have got to bring this to Ashland.”

According to information from Breaking my Boundaries, the focus of the conference is to change thought processes on potentially damaging limiting beliefs, and to create action plans to create positive, safe and healthy life choices.

“The speakers are women who will tell their stories of their trauma, abuse and their surviving and going on to be very successful women challenging some of those thinking patterns and how to change those, break those and become much more empowered,” Au said.

The Ashland County Community Foundation and the Ashland County Prosecutor’s Office are helping sponsor the event with ACCADA.

“This is something that you are not going to be bored with, you are going to come out of this totally empowered, I totally believe that,” Au said.

“The bond that took place between the women because of the common history that they have,” Au said. That history, she added, was “trauma and abuse.”

Tickets are $50 for a single person, but tickets can be buy one, get one half off, Au said, meaning it could be $75 to bring a friend. Au said ACCADA is working to find some support to offer scholarships for the conference, and people can donate to scholarships on the Breaking my Boundaries website. Information on the conference can be found and tickets can be purchased at breakingmyboundaries.com.

The conference will run from 8:30 a.m. to 4 p.m. on Sept. 21, 2019. Registration will be at 8 a.m., and lunch will be provided.

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