

The Circle

A group for women about what it *really* means to be well.

The Circle is a discussion and support group where a set of thought-provoking questions guide a conversation. Topics have been chosen by the women who attend the group. The Circle is a place to come rest and connect. Those who prefer to listen are welcome.

The Circle is open to all women, including trans women.

Third Tuesday of every month, all year. Attend one group, or more.

6:15 - 8:15 pm

(doors open for coffee at: 5:30pm)

Main Floor, 419 Graham Ave

Refreshments will be served.

Bus tokens available.

This group is free.

August 15th, 2017

Poverty and money stress affect our health. It also hurts to be judged by others for experiences we can't control. We'll discuss how to affirm that even in times of struggle, we are always worthy people living worthy lives.

September 19th, 2017

Perfectionism controls many women's lives. Let's talk about how to live an anti-perfectionist lifestyle!

October 17th, 2017

"Mental health" and "mental illness" mean different things to different people. Together, we'll take a critical look at the language of mental health and explore terms we find helpful and hopeful.

Registration is required. To register or for more information contact Candace:

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women's
health clinic