

The Circle

A group where women discuss what it *really* means to be well.

The Circle is a discussion and support group where we use a set of questions to guide a discussion. The group chooses topics that relate to being well. We look at issues through a feminist lens and share our wisdom with each other. The Circle is a place to come to rest and connect.

The group 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.

January 16th, 2018

Many of us desire balance in our lives. Whether our priority is to care for ourselves, to care for our children, or just be able to say "no" more, the struggle to balance it all can feel impossible. Let's consider what "balance" looks like in real life and how we might move towards this.

February 20th, 2018

Knowledge is power: Misinformation, missing information, and harm in conventional mental health services

Come join us for a discussion with Dr. Jan DeFehr from the University of Winnipeg to learn why critical awareness about mental health is important.

Registration is requested for all of the sessions, please.

To register or for more information contact Candace:

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1-866-947-1517

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women's
health clinic

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