

The Circle

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

The Circle is a monthly counselling group. We discuss topics related to life and wellness in a welcoming and relaxed setting. We look at issues through a feminist lens and share our wisdom with each other. A qualified therapist guides the group discussion. Listeners are welcome.

This group is open to all people. Trans, non-binary, two-spirit, and queer people are welcome.

*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.

April 17th, 2018

Open Discussion

Participants are welcome to share a short story about an experience or issue important to them, followed by an optional brief group reflection. Listeners are always welcome.

May 15th, 2018

Women and Self-Determination: Using Stories to Explore and Reflect.

The talented story-teller and community-builder, Frances Ravinsky, will join us. Frances will share stories on the theme of self-determination and will invite us to share stories as well.

June 19th, 2018

How to Manage Feeling Overwhelmed

What can we do when we feel overwhelmed? In those moments of feeling lost, disconnected, self-critical, and unable to shift ourselves: how can we take care of ourselves and what can we do? Please join us as we share our rich wisdom for getting through difficult moments.

Registration is requested for all of the sessions, please.

To register or for more information contact Candace:

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