

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.

*We use an inclusive definition of "women" and welcome Two-Spirit, gender queer, trans and non-binary people to The Circle.

*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.

September 18th, 2018

"I feel guilty a lot of the time."

We will take a close-up look at the kinds of guilt women* can feel. We will consider where guilt comes from and explore ways that we can turn our backs on guilt that doesn't help us. We will look to our elders and to stories for guidance.

October 16th, 2018

The Crafting of Grief

Is there such a thing as "good" grief? We will explore cultural expectations about grief, what grief's intentions are for our lives, and how it can help us. We will share stories together

Registration is requested for all of the sessions, please.

To register or for more information contact Candace:

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