

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.

November 20th, 2018

Change and Transition

In this group, we will share stories about how life is constantly changing. We will also share our wisdom with each other about how to support ourselves during times of significant transition.

December 18th, 2018

Adult Bullying

What can we do when we experience ourselves being bullied by others? If this is of interest to you, please join us as we put our minds together and share our wisdom about how to respond to bullying.

Registration is requested for all of the sessions, please.

To register or for more information contact Candace:

204-947-2422 ext. 221
1-866-947-1517

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women's
health clinic