

Circle of A Women's Art Group

Finding balance amidst chaos

A support group for women who have had life experiences of trauma & challenges with mental health.

Learn to manage stress with simple creative strategies

Find your Calm Centre with Mindfulness

Practice Self-Acceptance and Self-Care

Develop warm and respectful relationships

Give and receive emotional validation

Tuesdays 1:30-3:00 at Crouch Neighbourhood Resource Centre (550 Hamilton Rd.) - Meeting Room 3 To Register contact: Christine (519) 642-7630 x225