



# A HEALING JOURNEY

from Recovery to Discovery



## 12 Week Group Workshop for Women Focusing on Trauma, Recovery & Healing

Weekly Group Circle Commencing: March 6, 2019 – May 22, 2019.

Every Wednesday from 1:30 PM-3:30 PM

Please contact Lois Demers with the Indigenous Drug & Alcohol Program to Register:  
705-472-2811 Ext: 217 or via email at [daw@nbifc.org](mailto:daw@nbifc.org) (Limited seating)

*“To improve the quality of life for First Nation, Metis, and Inuit people in the urban environment”*