

SISTERS' CIRCLE

Healing the Grief with the Medicine Wheel

CLOSED GROUP FOR INDIGENOUS WOMEN AND GIRLS
8 WEEKS, EVERY FRIDAY • FEB 21 TO APR 11

AT BWSS OFFICE OR IN NATURE, WHEN WEATHER PERMITS

IN THE GROUP, WOMEN WILL:

- **CREATE** a traditional medicine wheel to work with
- **LEARN** the teachings
- **ASSESS** their strengths/ challenges
- **CONNECT** to the grounding energy of Mother Earth and each other
- **IDENTIFY** their collective wounding experiences
- **ACKNOWLEDGE** the grief from traumatic/wounding experiences and that of our ancestors, family members that has been passed on
- **PRACTICE** using the tools we acquire

STARTING ON FRIDAY FEB 21 2014, 12:30 to 2:30 pm

For more information and/or to join the group, please call 604-652-1867 or email terriea@bwss.org

The Medicine Wheel can be a powerful tool we can call upon to assess the influences and/or challenges affecting us on a mental, emotional, physical and spiritual level at any given time throughout our life cycle.

In order to be respectful of ceremony and the process of each woman that enters the circle, this will be a small closed group. A requirement will be an openness and willingness to honour the interconnectedness of "all my relations".