

Elder Women's Support Circle

**10 WEEK
CLOSED GROUP**

We invite Elder Indigenous women to join us for this 10 session support circle

MARCH 3rd. to MAY 5th.

The sessions will close with a blanketing ceremony and feast to show our respect for the women's contributions to the group.

IN THE GROUP, WOMEN WILL:

- **CREATE** a space where they can share their traditional knowledge and skills
- **EXPLORE** topics such as self-esteem, healing from trauma, and traditional plant and herb lore

EVERY MONDAY MAR 3 to MAY 5, 2014 • 12:00 to 2:30 PM

For more information and/or to join the group, please call
604-687-1867 ext. 308 or email buffie@bwss.org.