

# The Healing & Sharing Circle

We are starting a Healing and Sharing Circle for individuals or families who are survivors of abuse (alcohol abuse, sexual abuse, domestic violence, residential school, bullying). This circle will provide an opportunity to meet others going through similar challenges.

*Participants will become aware of their own identity, beliefs, attitudes, and values, culture and Aboriginal spirituality*

- Individuals will be able to participate in ceremony, share teachings, share resources, and coping skills, and network with people with whom they can relate.
- The Circle will provide individuals and families an opportunity to learn and explore Aboriginal ways of living the "good life".
- Traditional healers will be on hand to offer teachings and share their knowledge on dealing with various life challenges.
- Individuals will be able share their experiences, teachings and discuss a wide variety of issues in a place of safety and healing.
- The Circle will offer an outlet for their stress and the opportunity to share coping strategies with their peers.

The Circle will run for 10 weeks, every Tuesday evening from 5:00pm – 7.00pm at:

225 Queen Street E- Waash-keshuu-yaan (Health Unit)

Effective start date is March 30, 2010.

To register for the program, please call: 416-360-0486, Extension 228.

For more information on the program, please contact - Suman Bavi, RSW, Clinical Counselor.

