



# Women's Circle

**Wednesday Afternoons** starting on  
February 14<sup>th</sup>, 2018 from 1:30 - 3:30pm

The Women's Circle is a safe place to women to gather together to discuss and share methods of self-care. Sessions would range from:

- A Sharing Circle
  - Journaling
  - Traditional Teachings
- Information on Other Programs in the Community
  - Art and Crafts
  - Draws

This group will be facilitated by Hilda Mann

Light refreshments will be provided