



Circle of Healing

**A Mindfulness Based, Therapeutic Group
for Women Survivors of Childhood Abuse & Trauma**

Learn how to:

- ⊗ Become nonjudgmental and compassionate toward yourself
 - ⊗ Reduce trauma related symptoms
- ⊗ Shift the experience of overwhelming thoughts, feelings and body sensations
 - ⊗ Increase your ability to relax and experience greater peace
 - ⊗ Improve self awareness and self acceptance

***With special support from Heal Promotion we are adding to this cycle a
Physical activity, Yoga and Mindful Eating component***

**Weekly Group Meetings in Brampton
MARCH 29TH—JULY 5, 2010
MONDAY EVENINGS 6:00P.M.- 9:00 P.M.**

**PLEASE CALL OUR INTAKE LINE AT 905.450.1608 X112
Pre Group Meeting will be booked for March 2010**



Catholic Family Services Peel-Dufferin
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