



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

Weekly Group Meetings on Mondays in Mississauga

September 24th—December 10th, 2007

6:00 pm—8:30 pm

PLEASE CALL OUR INTAKE LINE AT 905.450.1608 X112



Catholic Family Services Peel-Dufferin
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