

***Pre-Registration
is Required***

**CONTACT FOR MORE
INFORMATION:**

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**UNITED NATIVE
FRIENDSHIP CENTRE**



**STRONG
WOMEN
CIRCLE**

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Strong Women Circle



Who is this group for?

This is a support group for women (19 and older) who have experienced and/or been impacted by domestic violence in their lifetime.

Women will explore the following topics:

- Understanding various forms of violence
- Impacts of violence on women and children
- Healthy vs. Unhealthy relationships
- Focus on medicine wheel teachings
- Developing communication skills
- Understanding feelings.



How often do we meet?

The support group will meet three hours a week for eight weeks.

Weekly participation is necessary.

Follow-up will be provided after six weeks.