

Strong Women Circle



Strong Women's Circle Ando Nojiiowin

Start Date:
February 1, 2017

Registration is required
Contact for more information:

Rose Marie Tuesday,
Aboriginal Healing and Wellness Worker

Tiffany Clifford-Smith
Aboriginal Alcohol and Drug Worker



United Native Friendship Centre
516 Portage Ave
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Who is this group for?

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

Women will explore the following topics:

- ❖ Historical impacts of violence
- ❖ Healthy vs. Unhealthy relationships
- ❖ Focus on medicine wheel teachings
- ❖ Developing communication skills
- ❖ Understanding feelings
- ❖ Impacts of domestic violence on children

How often do we meet?

The support group is an 8 week commitment for 3 hours each week. Participants are encouraged to attend each session as different topics are discussed each week.

Follow-up will be provided after six weeks.