

WELLNESS TUESDAYS workshops

Come participate in a 5-week series of workshops for women on wellness:

Week 1 – Tues Oct 2, Self-Esteem

Week 2 – Tues Oct 9, Boundaries

Week 3 – Tues Oct 16, Communication

Week 4 – Tues Oct 23, Self-Care

Week 5 – Tues Oct 30, Open for suggested topic!

Workshops will take place in the **Counselling House** (beside the Transition House), from **3-5pm AND 6-7:30pm** (for those who cannot attend during the day – it will be the same material)

Come drop in for some snacks and to chat!



Questions? Call Rachel @ 250-626-6052 or Email stv.hgspeace@mhtv.ca