

Sharing Circle

Friday afternoons from **1pm until 3pm** on the following dates:

November 6, 13, 20, 27

December 4, 11, 18

January 8, 15



Can Am Indian Friendship Centre
2929 Howard Ave
Windsor, Ontario
N8X 4W4
519-253-3243

Light snacks and refreshments will be served.

For more information please contact **Melissa, Sasha or Melanie** of the **Healing & Wellness Team**

Please join us for a brief discussion on various topics including: anxiety, stress management, anger management, relapse prevention and many more at 1pm.

Sharing Circle will be from 1:30pm until 3pm

