



Indigenous Sharing Circle

Thursdays at 3:30—4:30pm



Circles are a way of providing group support for people who are dealing with issues such as addictions, depression, grief, anxiety and trauma

WHO: Any Individual that self Identifies as Indigenous

WHEN: Individuals who Identify as Women— Circle starts Sept 15th
Individuals who Identify as Men Circle starts Sept 22nd
Groups will rotate every other week

WHERE: 69 Catherine St. in Trenton, across from QHC Emergency



*This Program is in Partnership with
Tsi Kanonhkwatsherí:yo
Interprofessional Primary Care Team*

To register for the circle contact Amy at amy.babcock@iipct.ca or
343-478-0196

Please Note:

*This program is being offered with appropriate safety precautions due to COVID-19.
Group programs may be cancelled with short notice due to COVID-19.*



Like us on Facebook!



Follow us on Instagram!

Website: www.bqwchc.com