



## Minwaashin Lodge- Aboriginal Women's Support Centre

*Strong Women's "Mashkawizig Ikwewag" Support Group*

**Starting Monday September 18th 2017**

*Are you a First Nations, Métis or Inuit woman seeking support with*

- Addictions
- Coping skills
- Identifying triggers
- Setting boundaries
- Finding balance
- Healthy relationships
- Traditional teachings
- Increase Self-Awareness

**Where: 100-1155 Lola Street, Ottawa (Bus Route # 18)**

**When: Every Monday from 3pm to 5pm**



**Bus tickets, child care and a light snacks provided!**

For more information call  
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Fax: 613-748-8311  
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