



Minwaashin Lodge- Aboriginal Women's Support Centre

Strong Women's "Mashkawizig Ikwewag" Support Group
Please join us every Wednesday

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 **Wednesday** from **3pm to 5pm**



Bus tickets, child care and a light dinner provided!

For more information call
Phone: 613-741-5590 Ext. 222
Fax: 613-748-8311
E-mail: agiroux@minlodge.com
www.minlodge.com

