

How do I avoid an emotional explosion?



Spitfires



A program offered to youth who would like to learn to express their emotions in a healthier way.



**Join us and learn to
control the fire within.**

*Program is open to the following age groups:
12-15; 16-18; 19-25*

*You must register before participating in the
Spitfires youth program*

*To register or for more information please contact:
Janelle Comtois, M.S.W.; R.S.W. - Youth counselor
Minwaashin Lodge- Aboriginal Women's Support Centre
613-741-5590 X 223
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