



# WHEN LIFE HURTS SEEK WELLNESS

A drop-in group  
for Aboriginal women



Vancouver  
CoastalHealth  
Promoting wellness. Ensuring care.

## Focus over 6 Weeks

Find inner strengths  
Ease the burden  
Ease the pain  
Develop supports  
Make peace with the past  
Embrace change

Through sharing in  
traditional ways

**\*Bus tickets available\***  
**\*Healthy snack provided\***

**ABORIGINAL  
WELLNESS PROGRAM**  
Phone (604) 875-6601  
for information

Join us on a journey of Wellness and Recovery from depression, anxiety, grief/loss, and trauma. Through drumming, singing, sharing and laughter we can feel a sense of belonging and wellness. Our journey can be lighter with the support of others.

**When: Mondays: 1-3 pm  
Starts June 5 2006**

**Where: 524 Powell St #211  
(upstairs) Vancouver**