



Minwaashin Lodge
Indigenous Women's Support Centre

Strong Women
“Mashkawizig Ikwewag”

A Support Group Centered on the Seven Grandfather Teachings

Open to First Nations, Métis or Inuit women seeking support with

- *Addictions/substance use*
- *Developing healthy relationships*
- *Finding balance*
- *Connecting with traditional teachings*
- *Building self-awareness and self-respect*



When: Monday from 1-3 PM (Begins **April 9**, 2018)

Where: 1155 Lola St #100, Ottawa
(Minwaashin Lodge—located on #18 Bus Route)

Bus tickets and childcare will be provided

For more information call

Phone: 613-741-5590 Ext. 260 (Charlotte)

Fax: 613-748-8311

E-mail: crisis@minlodge.com

www.minlodge.com

