

INUIT WOMEN'S GROUP

Calming the Emotional Storm:
Looking at moods, emotions, &
triggers, & how to handle them
with self-compassion.



MENTAL HEALTH & ADDICTION
SERVICES OF OTTAWA

**M.H.A.S.O. & Shontelle Prokipcak Invite You To Join
An Exclusive Inuit Women's Group**



Thursday's
Sept. 7th - Oct. 26th, 2023
Online Via Zoom
10 - 11:30 am



Friendship



Support

Contact Ray Walli
To Register Today!

REGISTER

+ 613 225 7272

info@mhaso.ca