



SouthWest Communities Resource Centre

Self-compassionate and Mindfulness Program for Immigrant Women

- ◆ 6-week program
- ◆ Develop emotional resilience
- ◆ Discover strategies for managing stress and conflict
- ◆ Connect and share with others



Time: Thursdays 6pm-8pm

When: March 14th—April 25th, 2019

Where: SouthWest Communities
Resource Center

#42, 2580 Southland Drive, SW

To register call us @ 403-238-9222 today!

Facilitator: Leena Mohamoodi

Kate Koei

Call us at 403.238.9222

Email us: info@swcrc.ca

WWW.SWCRC.CA

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