



Six Nations Social Services,  
Child & Family Services,  
Clinical Services Unit



# Mindfulness & Emotional Growth

This morning meditation group offers a gentle, supportive space to explore meaningful topics such as compassion, releasing blame, forgiveness, and acceptance.



Join us for a Morning Meditation Series on Mindfulness and Emotional Growth. Start your day with intention and heart.

## Benefits:

- Through guided meditation, journaling, self-reflection, and group discussion, you'll deepen your self-awareness, learn to be more present, and open your heart to healing and new possibilities.
- 7 Weeks of virtual programming with final date in person. Zero cost, registration required.

**Aug 5, 12, 19, 26.**

**Sep. 2, 9, 16.**

**10:00-10:30 am**

**Sept. 23 in person,  
10:30-11:30 am**

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Contact Kim [scsu@sixnation.ca](mailto:scsu@sixnation.ca) or **(519) 445-0408** to register

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