



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



MINDFULNESS

Join our Mindfulness & Emotional Growth Group

Offering virtual supportive space to explore topics like compassion, forgiveness, and acceptance. Through guided meditation, discussions, enhance self-awareness and embraced healing techniques

7 sessions virtual, 3:30-4:00pm

**Wednesdays September 17th & 24th
October 1st, 8th, 15th, 22nd & 29th**

**In person November 5th, 2025
Chiefswood Park, Upper Pavillion**

To register, contact Kim:

scsu@sixnations.ca or call 519-445-0408

