



# Circle of Healing

A therapeutic group for survivors of abuse & trauma  
using mindfulness based meditation

## Pre-Requisites for participation:

- Need to have attended trauma counselling
- Pre-group meeting required
- Some experience in mindfulness/meditation
- A commitment to all of the sessions

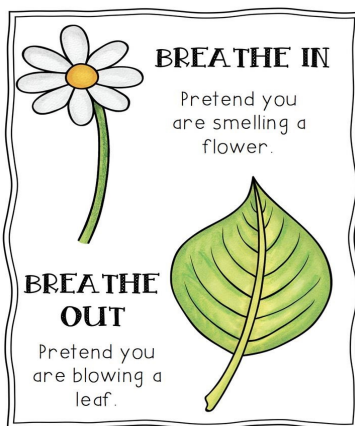
## Learn how to:

- Become non-judgmental and compassionate toward yourself
- Reduce trauma related symptoms
- Shift the experience of overwhelming thoughts, feelings and body sensations
- Increase your ability to relax and experience greater peace
- Improve self awareness and self acceptance

## To register, contact:

Crystal at 905-450-1608 (212) [cliu@cfspd.com](mailto:cliu@cfspd.com)

Gagan at 905-450-1608 (142) [gvasudeva@cfspd.com](mailto:gvasudeva@cfspd.com)



**10 weekly sessions**  
**on Mondays**  
**in Mississauga office**  
**from 12 pm to 2 pm.**  
**From March 4th to May 6th**  
**As well as two day-retreats**  
**on Saturdays**

**\* Refreshments will be provided.**  
**\* Fee based on sliding scale.**  
**\* Childcare is NOT available.**

