

Virtual Women's Wellness

"Only when we are brave enough to explore the darkness will we discover the infinite power of our light."

– Brene Brown



About This Group

This virtual drop-in Women's Wellness Group is a bi-weekly group that welcomes women who are looking for a safe, genuine, and non-judgemental space to share on a variety of topics, and gain support from other women in the group. This group is a non-structured group with an emphasis on group sharing.

Tuesday Evenings
(Starting Jan 9, 2024)

Biweekly
6pm-8pm

Location:

Virtual

Cost: Free Thanks
to Funding from
the Wellness
Network

Register Now: www.momentumcounselling.org

