

HEALING THE SPIRIT

- Healthy Emotional Coping Skills
 - Life Skills
- Trauma on the Physical & Spiritual Self
 - Historical Impacts & Genetic Coding
 - Ancient Teachings to Heal the Self
 - Building Up Self Worth
 - 5 Workbooks available to take home
- Learn what you can do to heal the self & much more!

Facilitator: Barbara M. Moreau

Sponsor: Gitxsan Child & Family Services

Free Workshop ♦ Lunch Provided



Gitxsan
Child & Family
Services Society

Upcoming Dates:

Kispiox Community Hall	January 28 – January 29, 2019	10:00 am – 5:00 pm
Glen Vowell Community Hall	January 31 – February 1, 2019	10:00 am – 5:00 pm
Gitanyow Community Hall	February 18 – February 19, 2019	10:00 am – 5:00 pm
Gitwangak Community Hall	February 21 – February 22, 2019	10:00 am – 5:00 pm
Gitsegukla Community Hall	March 4 – March 5, 2019	10:00 am – 5:00 pm

To register, please contact Val Simms-Muldoe at (250) 842-2258 ext. 240 or val@gcfss.com