

*Includes
Elder services
and ceremonies.*

John Howard

THE JOHN HOWARD SOCIETY OF MANITOBA

HEALING PROGRAM FOR INDIGENOUS MEN



*For men who have experienced childhood
sexual abuse and trauma.*

Priority is given to Indigenous men (First Nations, Métis, and Inuit) who are 18 and older.

Also welcome: men who do not identify as Indigenous, but interested in or are following a cultural path.

In 14 closed-group sessions you will learn about the effects of childhood trauma, identify your own triggers, learn about coping strategies, and learn about yourself.

**GROUP STARTS
JANUARY 14, 2019**

Important:
Participants are not
required to share anything
about their past traumas
when they attend.

To book an intake, or for more
information, call or email:
204-775-1514 ext. 108
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Change from the inside

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