

*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.*

**GROUP STARTS  
APRIL 1, 2019**

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.

**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**  
**[mnolin@johnhoward.mb.ca](mailto:mnolin@johnhoward.mb.ca)**

**Change from the inside**

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