

Sisters In Spirit

OCTOBER 4th @ 6pm

The Boathouse

116 Gordon Street



*"Fighting for living,
honour the dead"-
Angela Sterritt*

A Candle Light Vigil with drumming, singing to
Honour our Stolen Sisters & their Families.

Guest Speaker Susan Aglukark

October 4, 2015 – 2pm-4pm

"WE ARE ALL TREATY PEOPLE" at Guelph Public Library (main branch-100 Norfolk)

For families & friends, a special sharing of First Nation Peoples' teachings, songs, drumming and dance!
A chance to take the 'next step' towards achieving the Truth and Reconciliation Commission recommendations in our community.
All ages welcome

October 9, 2015 – 6pm-8pm

PLEASURE AFTER TRAUMA Workshop at G-W Women in Crisis, 38 Elizabeth Street

Workshop designed to explore embodiment after trauma. Dr. Ruthie brings extensive experience in helping others discover how to nurture the return of pleasure after pain. Attendees will gain new insight and tools for rediscovering joy and intimacy.
Open to all folks. Please bring a yoga mat or blanket.

October 17 & 18, 2015 – 9am-5pm

WEN-DO SELF DEFENCE TRAINING –at U of G (Registration Required at <http://wendo2015.bpt.me>)

Celebrate your strength and build your power in this interactive 2-day self-defence course with Canada's longest-running self-defence organization by and for women. Explore self-defence strategies that are designed to be effective against physically bigger and stronger attackers.
Open to women and girls 10+. All abilities and bodies are celebrated and welcome.

