



Teachings from the Medicine Wheel

Self Care Workshop



Wed Oct 7

4-6PM

• F O U N D R Y •

101-32555 Simon Ave

Free Workshop open to any youth ages 12-24. Join us this fall to learn more about the Medicine wheel and how to practice selfcare. Come connect with other youth, eat snacks, and make your own bath scrub!

To register for the group, please Message Tiera at 778-809-4410 or email Jade at jade.randhawa@foundryabbotsford.ca

Fraser Valley Aboriginal Child & Family Services Society

WWW.FVACFSS.CA