



Communities
of **HOPE**

the
multicultural
network 

CIRCLE OF CARE

JOIN US FOR SIX WEEKS OF
WELLBEING GROUP TO IMPROVE
HEALTHY COPING SKILLS
THROUGH MINDFUL PRESENCE
AND COGNITIVE REFRAMING

STARTING THURSDAY OCT 29, 2020
11:00 AM -12:00 PM
ONLINE

*Please register your interest by
contacting*

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SSI 
settlementservices
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