



**WOMEN'S HEALING CIRCLE:
CREATING WHOLENESS FROM TRAUMA**

Who: ➤ Adult Women 18+

What: This 12-week psycho-educational program, utilizes the Talking Circle and elements of the Medicine Wheel teachings to focus on the impact and healing from sexual assault, abuse, domestic violence victim defendant issues and trauma.

Topics include (but not limited to):

- Mental Health
- Childhood Sexual Abuse
- Addictions & Coping Skills
- Domestic Violence
- Parenting
- Relationship Dynamics
- Community Building

Where: United Indians of All Tribes Foundation
Family Services/Columbia City Site
3712 S. Ferdinand Street
Seattle, WA 98118

When: Tuesday's 5:30 pm - 7:30 pm beginning September 7th
Call 206-723-2825 Ext. 129 to schedule an intake

No Charge for Groups