



**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 May 11th  
Call 206-723-2825 Ext. 129 to schedule an intake

No Charge for Groups