

HEALTHY YOU HEALTHY FAMILY



Please join us for an exciting new program at Carrier Sekani Family Services! This program is available for women who have children and are looking to create a better life for themselves and their family. We are offering a free, eight week certificate program that includes breakfast and is followed by an interactive workshops based on the following:

- Self awareness and assessment skills
- Skills to identify and manage your emotions
 - The seven grandfathers values
- Skills to honor yourself and your values
- Innovative ways to incorporate wellness in your family
 - How to have healthy relationships
- Skills to be true to the unique person you are and encourage this in your children
 - Self care, stress management and relaxation skills



Starting September 10th and ending October 29th 2008
Wednesday morning's from 930-1200
Hadih House, 2105 Pine Street

Register now as space is limited!

Some transportation may be available on an as needed basis
To register or more information please call Marlaena at 250 562 3591