



Join a...

# Growth Group

Growth groups aim at improving the quality of your life and your relationships in a caring and supportive environment.

## Topics include:

Understanding your emotions and struggles, self-care, relationships, sexuality, thinking positively ...

This is a closed group and only certain individuals will be selected. Please call for your personal interview. (519) 409-0196 or (519) 550-0295

Facilitated by: Esmeralda Carvalho

**6 sessions** (1.5 hrs each)

**Wednesdays - Time: 7:00pm-8:30pm**  
starting Wed. Nov. 15<sup>th</sup> (until Dec. 20<sup>th</sup>)

**Total Cost: \$60**

Location: The Healing Garden: 1104 Fernlea Sideroad, Tillsonburg, ON, N4G-4G7

To register visit: <http://www.thefarbednbreakfast.com/calendar-of-events/>