



# MENDING BROKEN HEARTS



**START DATE**  
**MARCH 11, 2025** | **5 - 9 PM**

**LOCATION: SPIRIT HEALING LODGE**  
**Program Duration: 8 Weeks (Every Tuesday Evening)**

The Mending Broken Hearts program provides culturally-based healing from grief, loss, and Intergenerational Trauma.

The program is designed to help individuals heal from emotional pain, understand their feelings, and learn valuable skills to move forward.

**FOR MORE INFORMATION OR REGISTER PLEASE CONTACT**  
**587-834-1097**