



DISCOVERING INNER PEACE

GRIEF CONNECTION CIRCLE AT
CAWONGLA COMMUNITY CENTER

**Join us for fortnightly grief connection
circle followed by guided meditation**

Start Wednesday 19 February 2025 - 6:00 pm to
7:30 pm

INTENTIONS

- Safe Space for Sharing
- Connection through Common Experience
- Understanding
- Releasing of Emotions
- Well Being

EXCHANGE
\$15 per circle

BYO Yoga
Mat/Blanket

