

Circle of BROTHERS

- A Healing Group for Men -

Join Tlingit & Haida's Community & Behavioral Services Healing Center for a men's talking circle focused on healing wounds and achieving wellness.

SUPPORT GROUP TOPICS:

- Understanding Emotions
- Managing Stress and Anxiety
- Parenting & Relationship Challenges
- Communicating Feelings
- Coping Strategies for Grief & Trauma
- Walking in Sobriety

FACILITATOR:

- David Evenson, Peer Support Specialist

Coffee, water and light food will be provided.

For more information, call 907.463.7305 or email behavioral_services@ccthita-nsn.gov.

**Open to All Men
Age 18 & Older**



**Every Other Wednesday
Starting February 1st
5:30 PM to 7:30 PM**



Gajaa Hít
250 Gordon Street
Juneau, Alaska

