



COMOX VALLEY

# Girls Group

## NEW GROUPS START SOON

*Providing a supportive space to explore topics in creative, fun, interactive ways - since 1999*

Topics include healthy relationships, managing stress & anxiety, body image, family, friendships, communication & leadership skills, puberty & sexual health/consent, substance use, social justice

### 12/13 Group

Runs Wednesdays, starting April 19th, from 4:15 to 6:15 - 9 sessions

### 14/15 Group

Runs Thursdays, starting April 20th, from 4:15 to 6:15 - 9 sessions

Sessions are held at Comox Valley Transition Society - 625 England Ave., Courtenay

TO REGISTER, CONTACT WENDY AT 250 897-5568 [WJBMORIN@GMAIL.COM](mailto:WJBMORIN@GMAIL.COM)

[cvgirlsgroup.ca](http://cvgirlsgroup.ca)



Legion Foundation  
BC/Yukon Command

