



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

cvgirlsgroup.ca



Legion Foundation
BC/Yukon Command

