How do I avoid an emotional explosion?

**Spitfires**

A program offered to youth who would like to learn to express their emotions in a healthier way.

**Join us** and learn to control the fire within.

Program is open to the following age groups: 12-15; 16-18; 19-25

You must register before participating in the Spitfires youth program

To register or for more information please contact:
Janelle Comtois - Youth counselor
Minwaashin Lodge- Aboriginal Women’s Support Centre
613-741-5590 X 223
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This group is funded by the Aboriginal Healing Foundation.