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, M.S.W.; R.S.W. - Youth counselor
Minwaashin Lodge- Aboriginal Women’s Support Centre
613-741-5590 X 223
jcomtois@minlodge.com

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