

UNCOVERING BRILLIANCE TRANSFORMING RACISM A JOYFUL RESILIENCE

8 Week Mindfulness Group for 2S &
NBTransBIMPoC*

Community Info Session: Dec. 9. 19

6:30 pm -8:30 pm Location: TBA

Indigenous Community Info Session: Dec. 13. 19

5-7pm Location: Hastings and Commercial Drive

To register: txt or call Owen 604-379-5133, 2spirit@unya.bc.ca

Group Dates: January 13- March 2, 2020

6:30 pm - 8: 30 pm Location: TBA

Facilitator: Lu Lam, M. Ed CCC

Peer Wellness Mentor: Shay Loo, B.Psych

To register: lu@lulam.ca or 778-829-8959

*For Two-Spirit, Gender Expansive, Non-binary, Trans People who are also
Black, Indigiqueers, Indigenous, Mutli-racial and/or People of Colour

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