



Between Women!

*For newcomer and immigrant
Spanish speaking women*

*A space to help us and grow together
(For women all ages)*



We offer:

A safe and friendly space that permits self awareness, self care and self acceptance

Activities of self awareness through art, meditation (mindfulness) and emotional tools

Wednesdays

From 6 to 8 p.m.

Bus tickets and childcare available

To register:

Milagros Martínez

Community Connections and Settlement
Services for Spanish speaking community

604.879.8208 ext 232

mmartinez@mpnh.org

Mount Pleasant

Neighbourhood House

800 East Broadway, Vancouver

Unceded Coast Salish Territory

www.mpnh.org

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WelcomeBC



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