

PRESENTED BY: CENTRE 454

H.E.A.R.T.

Heal. Encourage. Accept. Restore. Trust

A Men's Support Group

EVERY THURSDAY 1:00PM TO 2:30PM
AT 454 KING EDWARD AVE

THIS GROUP PROVIDES OPPORTUNITIES
FOR SUPPORT, GROWTH AND CHALLENGE

For More Info, call 613-235-4351,
Ask Staff,

Or email info@centre454.ca