

South-East Ottawa  
Community Health Centre  
Every One Matters.



Centre de santé communautaire  
du sud-est d'Ottawa  
Chaque personne compte.

# Mindful Moments

Topics for women on self-awareness,  
self-care, and mindfulness exercises in  
ARABIC

With Psychotherapist, **Walaah Farahat**

& Community Connection w., **Radiah Jouad**

Every Monday from 1:30-3:00 pm on Zoom

August 17, 2020

For more info and to register please call Radiah  
at: 613-314-3833

RELAX