

VIRTUES PROJECT MONTHLY DROP IN

Speak the Language of Virtues, it is Contagious

www.virtuesproject.com

- Topics:**
- **INCORPORATE** the positive Virtues language into our lives
 - **HELP** each other **FIND** clarity & **CREATE** our own solutions
 - **DEEPEN** our listening skills with others
 - **SUPPORT** each other's healing & growth

Dates: Sun. Feb. 19, April 29, May 20, 3- 5 pm

Location: Unit 125 - 2111 Montreal Rd. (just east of Ogilvie Rd., accessible to the Queensway)

Fee: Suggested \$20 or by donation, all welcome
* Pre-registration required for all sessions



What is The Virtues Project™?

- The Virtues Project is a grass roots movement that helps us rethink how to deal with life's challenges & live more authentic, purposeful lives.
- Speaking the positive language of virtues towards ourselves and others is contagious & can change our families & workplaces. In Canada & around the world it is awakening our strengths of character & helping parents raise children of compassion and idealism.
- It was honoured by the United Nations as "a model global program for all cultures".

Ros Macdonald, MSW, RSW, is a professional counsellor who has facilitated groups for many years & is a certified Virtues Project™ Facilitator

Please contact Ros at 613-744-4768 or ros@roscounselling.ca