

# What's round and can make a lonely woman feel a lot better?

## Is it a...



DONUT ?



CD ?



WEDDING RING ?



YOUR DIAPHRAGM ?

# No!

## It's the Women's Circle!

**Trying to turn your life around from problematic drug use can be tough if you can't hang around the places you used to.**

**You may feel bored, lonely or isolated, and these things can be triggers that make you want to use. You may not have any straight friends, and it can be tough interacting with others who don't know what you've been through.**

The Womens Circle is an informal, non-judgemental space for women, with or without kids. We meet once a week for conversation and fun activities.

It's a safe confidential space for you with your kids to connect with other women in similar situations. Hang out in a relaxed environment with friends and have fun!

Women's Circle is one of many programs offered by the InHouse Project at QuiHN.

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**InHouse**