



# STORIES OF HOPE AND RESILIENCE



Sixties Scoop Survivors, Descendants, Families,  
Grounding and Relaxing Sessions

Join Dr. Fyre Jean  
Graveline, Lynn Fraser,  
and other  
LIFE as Medicine  
collaborators online  
Thursdays at 6:30 PM  
Atlantic

We begin with a 20  
minutes grounding and  
relaxing session. You  
are welcome to stay  
after for conversation,  
sharing, and support.

