

NATIONAL DAY FOR

TRUTH & RECONCILIATION

**Resilient Hearts, United Voices: Strengthening
Community Through Indigenous-Led Wellness**



**Smudging · Drumming · Speakers
Blanket Ceremony · Learning & Reflection
Complimentary Lunch · Indigenous Vendors**

Join us!

**Tuesday, September 30th
10:30 am - 3:30 pm**

**Integrated Care Hub
661 Montreal St., Kingston**

Free lunch & refreshments will be served

**All are
welcome!**

**No need to
register**

FREE!



Addiction & Mental Health Services | Kingston Frontenac Lennox & Addington
EMPOWERMENT INCLUSION WELL-BEING



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston



National Indigenous
Health & Wellness
Association