



BIRTH STORY SHARE CIRCLE

“ALL STORIES ARE POWERFUL. WE
WOULD LIKE TO HEAR YOURS!”

Sharing a birth story is a deeply
personal and fulfilling experience.
It helps us make sense of one of the
most transformative moments of our
lives.

HAVE YOU EVER
GIVEN BIRTH?

THIS GROUP IS
FOR YOU!

Hosted by Doulas, attended by others
with a shared experience!

KINGSTON COMMUNITY
HEALTH CENTRE

263 WELLER AVE, KINGSTON
(GSFF ROOM)



A Great Start for Families
Kahwà:tsire Ronwatiyenawá:se
Centre

Tuesdays from 10am - 12pm

January 20

February 17

March 17

April 21