

What is the Heart Circle?

The Heart Circle is a nurturing space for those of us navigating grief or other burdens in various aspects of our lives.

An Equal Gathering

Within this circle, everyone stands on equal ground.

This is not a place for fixing; rather, it is a safe and confidential environment where you can express what's in your heart, where you can listen and be listened to. It is a "brave space."

Intentional Presence

As we gather in the circle, we commit to bringing our full and intentional presence to ourselves and each other.

Every meeting begins with a grounding activity and opens and closes with a poem, a ritual, or a brief reflection.

In the heart of the meeting lies an open space for those wishing to share their current journey.

CONTACT US

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Heart Circle

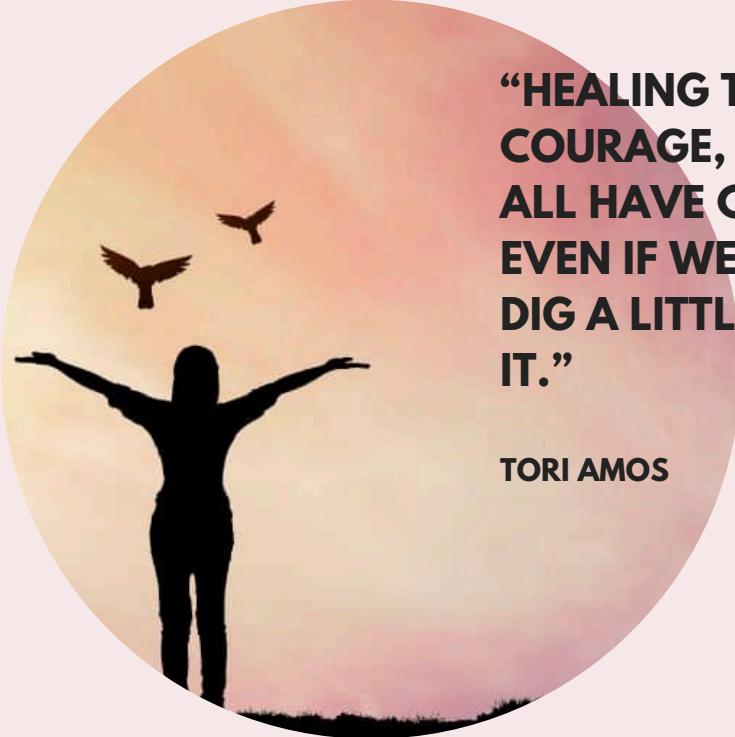


FINDING SANCTUARY

Join Us

**St. George's
Anglican Church**

HEART CIRCLE



“HEALING TAKES COURAGE, AND WE ALL HAVE COURAGE, EVEN IF WE HAVE TO DIG A LITTLE TO FIND IT.”

TORI AMOS

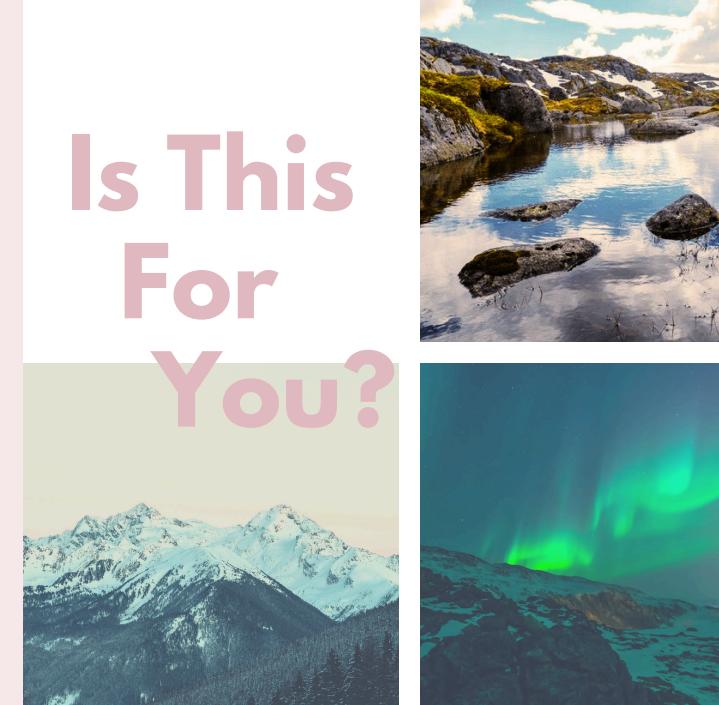
OUR SESSIONS

Sessions are held at 7:00 PM on the second and fourth Wednesdays of every month at St. George's Anglican Church.

The Heart Circle is not a church or a religious service.

We warmly welcome people from all walks of life and spiritual backgrounds.

Is This For You?



Have you lost a loved one to: Death? Divorce? Estrangement? Addiction?

Have you experienced: Financial losses? Job losses? Health losses?

Are you grieving or burdened in some area of your life and looking for a safe space to make peace with your broken pieces?