

## Hope and Healing

Well-being looks different for each of us. Striving to be happy, healthy, or prosperous is a personal journey. The path is never straight; instead, we zigzag, speed and occasionally become stalled along the way.

We understand that many people in our community look to traditional healing practices like sharing circles to support them. This is why we invest in the Many Healing Blankets program at Safe Harbour Society. This support has never been more important than it is today.

Help us get rid of the shame of this because shame kills people  
Todd Vaughan, Red Deer Express

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