

# Feeling Great

No Matter What  
Fridays | 7:00pm - 8:30pm

- Transform the way you experience, think and feel life,
- Let go of fears and find your inner strengths
- Understand the power of your true identity and reclaim your dignity

**JULY 06:**

**Inner Harmony- Honesty**

**JULY 13:**

**Power of Courage**

**JULY 20:**

**Worry-Free**

**JULY 27:**

**The Healing Power of  
Compassion**

Tagore Centre

140 Millwick Drive (2<sup>nd</sup> Floor)

Toronto, ON M9L 1Y6

416-537-3034

[toronto.brahmakumaris.ca](http://toronto.brahmakumaris.ca)

 @bk\_toronto

 BrahmaKumarisToronto

 BRAHMA KUMARIS

offered Free of Charge as a community service