

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

August 03:

Discovering Our True Identity

Tagore Centre

140 Millwick Drive (2nd Floor)

Toronto, ON M9L 1Y6

August 10:


Living Our Values

416-537-3034

toronto.brahmakumaris.ca

August 17:

Seeking Silence

 @bk_toronto

 BrahmaKumarisToronto

August 24:

The Art of Positive Thinking

 BRAHMA KUMARIS

August 31:

Self-Esteem

offered Free of Charge as a community service