



# SAWUBONA Healing Circles

## Community Healing Series

"Sawubona" is a Zulu greeting meaning, "I see you."

This series promotes Black-led togetherness, emotional support, and community healing for the Black community in the form of Sawubona Healing Circles, art workshops and yoga at locations throughout Buffalo's East Side.

Register for a FREE session!  
[www.erie.gov/ourcommunityhealing](http://www.erie.gov/ourcommunityhealing)



In-Person and Virtual Options  
November 2023 - January 2024

First time attendees will receive one self-care kit!

Enjoy a light meal provided by your  
favorite local businesses!

Healing circles are supportive, safe, and private spaces.  
Anything shared during a circle will be kept confidential.  
Circles are not a replacement for therapy or mental health treatment.

Brought to you by:



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of Health

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