



Sources Trauma Counselling program presents a 6-week online group on

FOSTERING SELF-COMPASSION



10am to 12 Noon: Friday mornings
Nov 5th to Dec 10th, 2021
Cost: \$100 for all sessions
To register write to adsouza@sourcesbc.ca.
Facilitated by: Audrey Dsouza, MA/MSc, RCC

Our services are open to people of all marginalized genders including cis and trans women, Two-Spirit, trans, and non-binary people
Limited seats! Registration ends on October 17, 2021.