

SELF Compassion

FOR PEOPLE THAT HAVE EXPERIENCED CHILDHOOD TRAUMA, SEXUAL ASSAULT AND/OR RELATIONSHIP ABUSE

An 8 WEEK ONLINE ZOOM GROUP

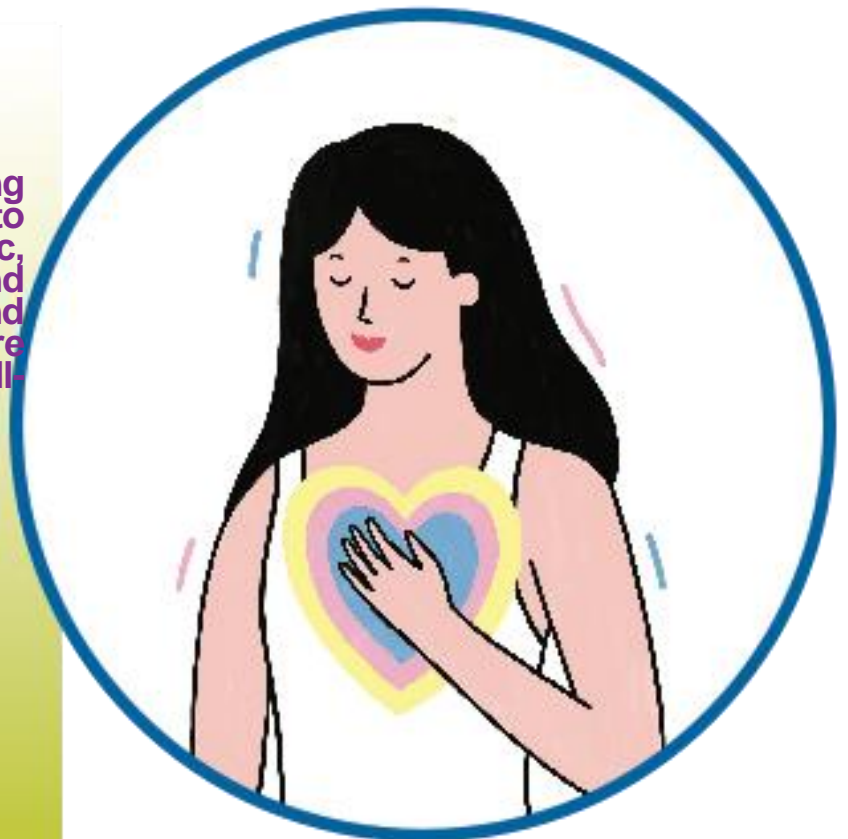
TOPICS COVERED INCLUDE:

This is an educational, skill-building group for people who want tools to overcome their inner critic, perfectionism, self-judgment, and shame by learning the principles and practices of self-compassion that are based on the neuroscience of well-being.

- Understanding self-compassion
- How self-compassion helps our nervous systems
- Mindfulness meditations
- Compassionate letter-writing

Wednesday
1 pm - 3 pm
April 24 - June 12
\$50 per person

Offered ONLINE via Zoom
Stable internet connection &
computer or device is required
(Some assistance
may be available)



This group and our services are open to people of all marginalized genders including women (cis and trans), Two-Spirit, trans, and non-binary people.


SOURCES
TRAUMA COUNSELLING
PROGRAM

Facilitated by: Naina Menon, RCC

Please contact Naina to register or for more information at:

nmenon@sourcesbc.ca or 6045414839