Self-Compassion Workshop



Want to learn more about self-compassion and how it affects your everyday life?

Join us for a **three-part** workshop that will help you understand and develop the skills needed to treat yourself as well as you treat others.

This workshop curriculum is based on the work of Dr. Kristin Neff, an Associate Professor of Educational Psychology at the University of Texas. Dr. Neff is a pioneer in the field of self-compassion, an author, and an international speaker on developing self-compassion.

Who Should Attend:

Adults 16+ residing in York Region or South Simcoe (excluding active psychosis and developmental disabilities).

Event Details

Dates & Time:

Wednesday, July 7, 14, 21, 2027

1:30 p.m. - 3 p.m.

Location:

Sessions will be conducted virtually via Microsoft Teams Video conferencing. Details to be provided upon registration. You must have access to the Internet and a private space to promote confidentiality.

For more information, and/or to register, email:

MHGroups@yssn.ca