

Self-Compassion Workshop



Event Description:

Want to learn more about Self-Compassion and how it affects your everyday life?

Join us for a 3-part workshop that will help you understand and develop the skills needed to treat yourself as well as you treat others.

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

YSSN is a hub for Developmental, Mental Health and Children's Services that helps people to navigate services to live their best life.



YSSN.ca



Event Details

Dates and Times:

February 19, February 26, and March 5
1:00 p.m. to 2:30 p.m.

Location:

Sessions will be conducted in person at
YSSN's Aurora office located at 240
Edward Street

Who Should Attend:

Adults 16+ residing in York Region or
South Simcoe with a diagnosable
mental health challenge excluding
psychosis and developmental
disabilities

To Register:

[Click here to register](#)

Contact:

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