We are not broken nor do we need to be fixed. We are exceptional and complete as we are.

Workshop Series: Self-Compassion

Facilitated By: Daisy Cook, LCSW & Brianna Reyes, LMFT

"We are not broken nor do we need to be fix. We are exceptional and complete as we are."

- Increase your awareness of unhelpful self-talk, and the impact of positive self-talk
- Explore the purpose of the unhelpful self-talk, and learn self-compassion supportive touch
- Learn to strengthen your skills to process, and cope with the emotion using self-compassion, mindfulness, and additional techniques

Dates: September 17th, 24th & October 1st
11:00AM-12:00PM

https://zoom.us/j/91994586540?
pwd=RDBqMnB1NzZCYh5d3p0UEQ2L3NtZz09
Zoom Meeting ID: 919 9458 6540

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