



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

**[https://zoom.us/j/91994586540?](https://zoom.us/j/91994586540?pwd=RDBqMnBINzZCYXh5d3p0UEQ2L3NtZz09)  
[pwd=RDBqMnBINzZCYXh5d3p0UEQ2L3NtZz09](#)  
Zoom Meeting ID: 919 9458 6540**

# *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



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