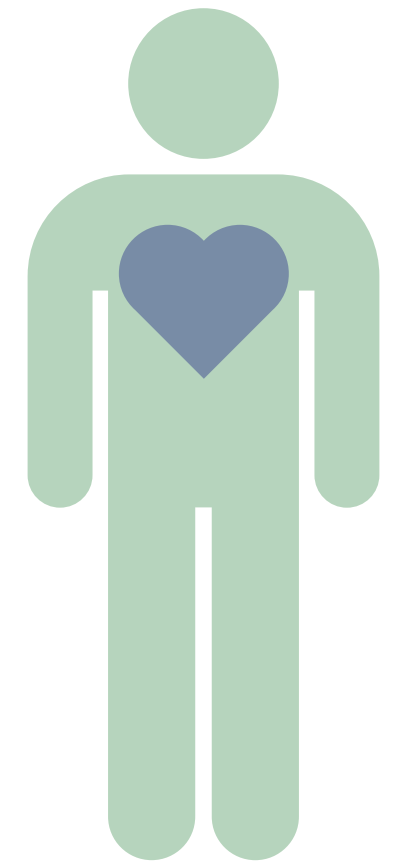


# Self-Compassion Workshop



From self-criticism to self-kindness. This workshop is designed to provide practical skills to help you be less critical and more compassionate towards yourself.

In this workshop you will learn to be aware of your own pain and suffering, and understand that it is hard, but is a normal human experience. The workshop will teach you to direct feelings of kindness and care toward yourself and focus your attention and energy on how you might alleviate your pain.

**Every Tuesday from  
July 6 - August 10  
12 p.m. to 1 p.m.**

**Join us online via GoTo**

To register and receive the link please contact Barb at [bcatalano@communitycaredurham.on.ca](mailto:bcatalano@communitycaredurham.on.ca)



**Community Care Durham**  
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY

[communitycaredurham.on.ca](http://communitycaredurham.on.ca)