



Just as I am...

The practice of self-care and compassion.

A four session workshop to free yourself from self-criticism and feelings of low self-worth. Make a change in your life to help alleviate inner struggles that can cause low mood and anxiety. Quiet your harsh inner critic that clouds the perception of yourself with fear, shame and self-doubt.

Learn & practice ways to start to loving who you are & realize YOU ARE ENOUGH!



Body: Utilizing patterned breathing, calming scents, & full body awareness movements.



Mind: Focusing on our inner critic, & our imagination.



Spirit: The concept of self-compassion, mindful awareness, breath awareness, & finding your compassionate voice.

You will receive a guided workbook to utilize during the workshop to help you navigate the material.

To Register: Contact your case manager to be referred OR For self-referral contact
Morgan, Recreation Therapist
@ 236-332-2918 or
morgan.killham@fraserhealth.ca

Fridays @ 1:00PM
September
8th
15th
22nd
29th

Maplewood Manor
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