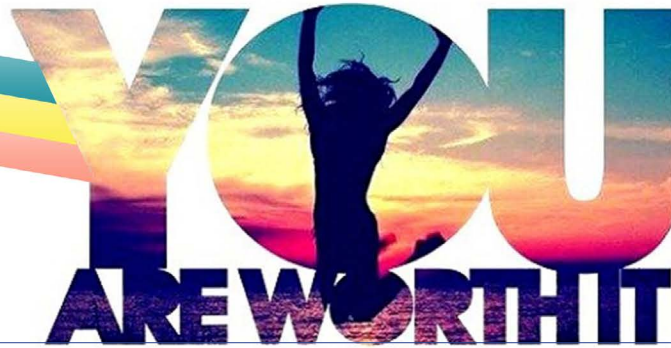




Community Care Durham
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY



Self-Compassion

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.

Self-compassion involves being aware of our own pain and suffering, and understanding that this is hard, but is a normal human experience. Directing feelings of kindness and care towards ourselves, and focusing our attention and energy on how we might alleviate our pain, are also crucial components of self-compassion.

Self-compassion can bring great benefits for our mental health and well-being. Particularly, self-compassion can activate our soothe system, which calms the threat and drive systems. Our threat and drive systems tend to be overactive for many of us much of the time, and responsible for the difficult emotions we may be struggling with (e.g., anxiety, anger, depression).

When:

**Tuesdays from
Nov. 3 - Dec. 15
12 p.m. - 1 p.m.**

RSVP:

bcatalano@communitycaredurham.on.ca

to receive the link

Where:

**Join us online
via
Zoom**