

Mindfulness and Self Compassion Workshop

This group offers skills, practices and tools to support you in accepting and loving yourself, building inner strength, resilience and thriving in your own life.

DATES:

10 Weeks Starting:

Monday, September 23, 2024 – December 2, 2024

6:30pm–8:00pm

Location:

Interfaith Counselling Centre

23B Church St., New Hamburg, ON N3A 1J1

Register:

Please call 519–662–3092 to register and discuss available funding.

ICC strengthens the fabric of our community by equipping individuals, couples, and families to realize emotional wellness and triumph over life's challenges.

