



The Mindful Self



Group Dates:

4 week online group

Wednesdays, 9am to 11am

August 12, 19, 26, & Sept 2, 2020

Call to register

(Intakes will be via phone or online)

Participants:

Maximum 10

Ages 18+

All Genders

This personal growth group will support individuals in learning more about their emotions, and their self-talk. Participants will also learn about tools that can support them in developing a greater self awareness and self compassion.

The focus of this Personal Growth Group is to educate and foster a reconnection to your own insight and resources.

We provide a confidential and safe environment through non-judgmental listening to enhance learning and personal expression.

Contact

Lethbridge Family Services

Counselling, Outreach & Education

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