

FREE CERTIFICATE PROGRAM

SELF COMPASSION - I CARE

COURSE CONTENT

In this course you will:

We have all heard self-compassion and self-care and how they are important and need to be incorporated into our lives. But what does self-compassion and self-care mean? Are they the same thing? Are they different? Is taking care of ones need selfish? Who has time to slow down in this day and age? Learn the difference between self-compassion and self-care and why both are needed in once life. This workshop will also offer skills that can be used in everyday life.

ABOUT THIS TRAINING

This course hosted by Daya Counselling will help you to optimize your mental health by improving your emotional intelligence.



This Employment Ontario program is funded in part by the Government of Canada and the Government of Ontario.

PLACE AND DATE

This course is held **ONLINE** Tues, July 5th 9am-Noon. Links to be provided.

SIGN UP