

Cultivating Self-Compassion: Letting Go of Self-Judgment

Thursday Oct. 12, 2017

6:00 – 8:00 pm

Do you ever find it challenging to be kind and compassionate to yourself? However difficult, caring for ourselves is one of the most beneficial things we can do for our well-being. By offering kindness, courage and connection to ourselves in our daily activities, we can cultivate a more self-compassionate way of life. Come and invest in the most powerful relationship in our lives, our relationship to self.

In this workshop, we learn to:

- **Develop awareness and acceptance of self in the present moment**
- **Create a gentle and supportive inner dialogue by releasing negative self-talk**
- **Embrace our imperfections and acknowledge our vulnerabilities with courage and resilience**
- **Celebrate (appreciate or acknowledge) who we are, as we are**

Adlerian Counselling and Consulting Group
1729 Bank St., Suite 205 Ottawa, Ontario K1V7Z5

Cost: \$40.00 includes HST

For additional information: call Kathryn Zettel at 613-737-5553 ext 301

To register: call Shannon at 613-737-5553.

Kathryn Zettel, M.A., M.Ed., R.P. is a Psychotherapist with the Adlerian Counselling and Consulting Group. She provides psychotherapy to clients on topics including anxiety, depression, self-esteem, compassion fatigue, loss, work related pressures and relationship challenges. Mindfulness is an integral part of Kathryn's life as well as her professional practice.



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