

# JOURNEY TO SELF COMPASSION

Family Service Toronto - Violence Against Women Program is offering an 8-week self-compassion group for women-identified survivors of trauma

**SEPT 12, 2018 – OCT 31, 2018**

**WEDNESDAYS, 1:30 P.M. - 3:30 P.M.**

The group provides a supportive environment for women to cultivate a loving relationship with themselves, nurture resilience, and engage in creative self-expression



## TOPICS INCLUDE:

- Understanding what self-compassion is and why it is important
- Noticing how trauma can impact your relationship with yourself
- Silencing your inner critic
- Letting go of difficult feelings, such as shame, anger, and sadness
- Managing stress and difficult times
- Soothing your own suffering

## LOCATION: CHURCH STREET BUILDING

The location is wheelchair accessible. No onsite parking. Refreshments will be provided.  
Child Care subsidy and TTC tokens available if needed.

## PRE-REGISTRATION REQUIRED

Please call Family Service Toronto's Service Access Unit at 416-595-9618  
There will be a pre-group meeting with the facilitators.



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