



Try A Little Self-Kindness Motivating with Self-Compassion

Learn about positively coping with the ups and downs of life. Join our Social Workers to talk about:

- Motivating with self-compassion instead of self-criticism
- The importance of practicing self-compassion to improve your quality of life and health
- Self-compassion strategies for daily life

Note: This is a general information class for a general audience. It is not a therapeutic group and not meant to replace the advice of primary health care providers.

Class Type	Date	Time	How to Register
Online	Thursday, May 8	6:00 p.m. – 8:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
In-person	Thursday, May 22	2:30 p.m. – 4:30 p.m.	In-person at Bowness Library. Drop-in or register online
In-person	Wednesday, June 25	2:00 p.m. – 4:00 p.m.	In-person at Crowfoot Library. Drop-in or register online
Online	Wednesday, July 30	1:00 p.m. – 3:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.

