



WEDNESDAY
AFTERNOONS
4 P.M. – 5:30 P.M.

Anyone age 15+

- Drop-In, registration upon arrival
- Open weekly to new participants
- Snacks & refreshments included

FREE & FACILITATED
Counselling Group

**Mindfulness and
Self-Compassion
Education & Support**

This group is designed to promote calmness, better concentration, gratefulness and hope: through mindfulness and self-compassionate exercises and discussions. Drop-in Wednesday afternoon to a supportive learning environment. This is a great opportunity to give adults and youth some self-care. Research confirms that practice leads to better emotional regulation.

- **Mindfulness and self-compassion exercises**
- **Promoting self-care for adults and youth**
- **Relaxation exercises to use**
- **Enhance your ability to focus and concentrate**
- **Learn what creates a calm mind**
- **Learn how to encourage positive self-talk**

LOCATION

Family and Community Services
2nd Floor, 501 Festival Avenue, Sherwood Park

For more information call 780-464-4044
strathcona.ca/groups

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COMMUNITY FOR ALL

 STRATHCONA
COUNTY