SURVIVORS' NETWORK

Self-Compassion Group

JOIN US ON THURSDAY EVENINGS
7:30 - 9PM
BEGINNING 11TH FEBRUARY

In this seven week online group we will explore what self-compassion is. We will cover topics such as self-criticism, mindful compassion and regulating emotions, alongside using creative arts activities to build new skills for increasing self-compassion and being kind to ourselves.

The group is led by Survivors'Network group facilitators and is open to anyone on the counselling waiting list who identifies as a woman.

If you are interested in learning more, please contact groupwork@survivorsnetwork.org.uk by the 22nd January.