



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

Class Type	Date	Time	How to Register
In-person	Thursday, April 11	6:15 p.m. – 8:15 pm	In-person at Judith Umbach Library. Registered through the Calgary Public Library
Online	Tuesday, April 9	9:30 a.m. – 12:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, May 29	1:00 p.m. – 3:30 p.m.	
	Wednesday, August 21	9:30 a.m. – 12:00 p.m.	

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.

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