

Try a Little Self-Kindness: Motivating With Self-Compassion

What can I expect to learn?

- 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

How many classes are there?

One class for 2 hours and 30 minutes

How is this class being offered?

Over Zoom

Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code with your phone, scroll to page 20 and click on the class title;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); or
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

