AUA's of Self:

(Awareness, Understanding, Acceptance)

Skills based group

You will learn about:
Self-awareness
Values
Boundaries
Self-compassion
Feb 26th – March 19th, 2027 on Fridays from 10:00 Am – 12:00 Pm

Please call Family Dynamics Intake Counsellor Jodee at 204-594-1879 to inquire about registration
www.familydynamics.ca

Sessions will be offered in person.

Fees for group are free!