

Bridges Community Health Centre

Community Health and Wellness Programs

Cultivating Self-Compassion

A Four-Week Therapeutic Group—Port Colborne site



All Bridges CHC programs are open to the entire community at no cost.

Wednesday, February 5, 12, 19, and 26, 10:00-11:30am

Join our Registered Social Worker in this supportive four-week group to learn practical tools for building self-compassion, reducing self-criticism and strengthening emotional resilience. Through guided exercises, mindfulness practices and group sharing, you'll discover how to approach challenges with greater kindness and care. This group offers a safe space to connect with others, explore self-compassion and make lasting change.

To register:

Please call 289-479-5017 ext. 0
or email info@bridgeschc.ca