

WE PROUDLY BRING YOU

SELF-CARE GROUP

Finding Your Way Through Self-Care

Learning different types of self-care through education: tools, techniques, and activities

**2ND & 4TH SUNDAY OF
EVERY MONTH
11:00 AM - 12:00 PM**

**REGISTER [HERE](#), OR BY CALLING THE
HELPLINE AT 503-228-5692**

"self-love"

"self-compassion"