

LEARN HOW TO LOVE YOURSELF

SELF-LOVE 101

BUILDING SELF-LOVE WORKSHOP

This evidence-based online workshop utilizes a unique approach to help adults start to learn the foundational skills needed to build self-confidence, improve self-esteem, learn more about who you truly are, and increase compassion for yourself.

LEARNING OBJECTIVES

- LEARN WHAT SELF-LOVE IS AND WHY IT MATTERS
- LEARN TO NOTICE YOUR BARRIERS TO TRULY LOVING YOURSELF
- LEARN HOW TO PRACTICE SELF-LOVE THROUGH TANGIBLE EXERCISES & TECHNIQUES
- LEARN HOW TO PRACTICE SELF-COMPASSION AND HEALING
- LEARN HOW TO BUILD SELF-LOVE THROUGH RELATIONSHIPS WITH OTHERS
- BONUS: GAIN FREE WORKSHEETS TO TAKE OUT INTO THE WORLD WITH YOU AFTERWARDS

WHO IS ELIGIBLE

- ADULTS WHO LIVE IN ONTARIO
- INDIVIDUALS WHO ARE STRUGGLING WITH THEIR SELF-CONCEPT
- INDIVIDUALS WHO HAVE LOW SELF-ESTEEM OR STRUGGLE WITH SELF-WORTH ISSUES
- INDIVIDUALS WHO ARE UNSURE WHERE TO START ON THEIR SELF-LOVE JOURNEY

FIND OUT MORE & REGISTER

www.therapyuninterrupted.ca/workshops

hello@therapyuninterrupted.ca

**Receipt available for Social Work Services provided.*

DATE & TIME

Thursday, February 13th, 2025

6:30-8:00pm EST

FORMAT

Delivery Method ————— **Online**

Session Length ————— **90 Minutes**

Group Size ————— **6-10 people**

FACILITATORS

Haley Moore, BSW, MSW, Registered Social Worker

Carrin Adoma, BA, MSW (Candidate)


FEES

\$ 45/person*

**Some sliding scale spots available if cost is a barrier to attending.*

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