

Finding Our Voices



Finding Our Voices provides support and opportunities to connect with peers while focusing on issues related to self-esteem.

Six week program

When:

March 10th to April 14th, 3:00PM – 5:00PM

Location:

Zoom. Link to be provided upon registration.

Reserve your spot:

Register through www.caredove.com/sagesse
programs@sagesse.org, or 403-234-7337 ext. 100

Other information:

Registration deadline for this group is March 3rd, 2021.

Participants will learn about:



Impact of self-image



Effective communication



Shame and compassion



Healthy relationships with self and others

Each group is approximately 3 hours long and includes experiential learning that allows participants to connect with the facilitator and each other.

