

Lethbridge Family Services

Since 1910

Counselling, Outreach & Education



# The Mindful Self

## A Personal Growth Group

This group will support individuals in learning more about their emotions and their self-talk. Participants will also learn tools that can support them in developing a greater self awareness and self compassion.

Wednesdays, 1:30pm–3:30pm, April 10th–May 1st, 2024

 **LFS Counselling Office: 1098 3rd Ave North, Lethbridge**

No cost to participate

Register by March 22nd, 2024

Contact Outreach and Education to register, [outreach@lfsfamily.ca](mailto:outreach@lfsfamily.ca) or 403-327-5724