

Unlock Self-Compassion

A 12 week Programme for Building Resilience and Self-Kindness for those who have been impacted by Sexual, Domestic or Gender-based Violence

Are you ready to create a better relationship with yourself?

Join us for a transformational 12 week programme designed to help you build self-compassion, reduce self-criticism, and boost emotional resilience.

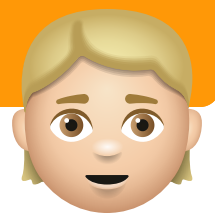
Learn skills to handle life's challenges with kindness and care for yourself and others

WHAT YOU'LL GAIN:

- **Self-Compassion Skills:** Learn practical ways to treat yourself with the same kindness you give to others
- **Stress Relief Tools:** Explore strategies to manage stress and overcome self-doubt
- **Emotional Balance:** Discover how to reduce anxiety and increase resilience in everyday life
- **Community Support:** Connect with others your age on a similar journey of growth and self-care

Who is this for?

If you are aged 18-24 and ready to break free from negative self-talk, build inner strength, and find peace with who you are, this workshop is for you



Programme Highlights

- **Guided Activities:** Engaging exercises to help you understand and practice self-compassion
- **Interactive Discussions:** Reflect and share in a safe, supportive space
- **Expert Guidance:** Led by experienced Therapists specialising in compassion-focused practices.

- **When:** Every Thursday starting on the 23rd January, 2025
- **Time:** 5.30pm to 8.30pm
- **Location:** Wexford Town
- **Total Cost:** €20 (to be paid to secure space on programme)

Wexford
Rape
Crisis

Services for
Domestic, Sexual
and Gender-based
Violence Est. 1995

For any enquiries please contact Clare or Alison 053 9122722