

THRIVE with Self-Compassion

Join us for this one hour **FREE educational opportunity** to promote self compassion.



Webinar Dates for 2025

Monday, March 17th

Monday, May 12th

Thursday, June 26th

Monday, September 8th

French Webinar is Available

Tuesday, September 9th

Register online

fountainofhealth.ca/en/schedules/318



Scan the QR Code



All webinars will begin at **7pm (AST)** Atlantic Standard Time



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