



Try A Little Self-Kindness Motivating with Self-Compassion

Learn about positively coping with the ups and downs of life. Join our Social Workers to talk about:

- Motivating with self-compassion instead of self-criticism
- The importance of practicing self-compassion to improve your quality of life and health
- Self-compassion strategies for daily life

Note: This is a general information class for a general audience. It is not a therapeutic group and not meant to replace the advice of primary health care providers.

Class Type	Date	Time	How to Register
In-person	Thursday, June 18, 2026	1:45 p.m. – 3:45 p.m.	In-person at Montgomery Community Association Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, June 25, 2026	6:15 p.m. – 8:15 p.m.	In-person at Nose Hill Library Register or Drop-in
Online	Wednesday, July 15, 2026	9:30 a.m. – 12:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Tuesday, October 13, 2026	1:00 p.m. – 3:30 p.m.	

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



**Primary Care
Alberta**

Alberta Healthy Living
Program