

Embodying Self-Worth

A somatic exploration of
self-care, relational processes,
and resource practices



May 6 – June 24, 2022
Fridays | 6:15 – 8:15 p.m.
Excluding May 20, 2022

Group information:

- 7-week in person group
- Women 18+
- 10 spots available

Cost \$700

Facilitated by Sarah van Kuppeveld,
R. Psych and Erika Goos, Registered
Provisional Psychologist

To register or find out more, email
Sarah at sarah.vk@outlook.com or
Erika at erikagpsychology@outlook.com