

LETTING GO OF PERFECTIONISM

WHAT IF 'GOOD ENOUGH' WAS ENOUGH?

Dates: Nov 6, 2021

Time: 1 - 3pm

Cost: \$35, registration required

Registration Limit: 30

Ages: Adults (18+)

ARE YOU HOPING TO REDUCE THE ANXIETY AND STRESS OF PERFECTIONISM? WOULD YOU LIKE TO LEARN NEW SKILLS FOR DEALING WITH PERFECTIONISTIC TENDENCIES?

Redbird Therapy Centre is offering a workshop for people who identify as perfectionists looking to make a change. This workshop will discuss how perfectionism works and ways to manage its impacts. It will be lecture-based with the opportunity for discussion and experiential activities.

The workshop is led by Nic Cadman (RP Qualifying) an associate at Redbird Therapy Centre, where he provides therapy to a range of clients. Learn more at redbirdtherapy.ca

If cost is a barrier to attending, please send me an email as some low-cost & probono spots will be put aside.

To register, email niccadman.counselling@gmail.com

A Zoom link will be sent to you prior to the event.

