

Pouring Into Ourselves

A SELF-COMPASSION WORKSHOP FOR
CAREGIVERS

Join us for an interactive virtual workshop, thoughtfully designed for anyone in a personal and/or professional caregiver role.

YOU WILL GAIN:

- Self-compassion exercises for daily life
- Evidence-based strategies to manage burnout
- Education, connection, and support
- Take-home resources to enhance self-care



DR. KELSEY CHAMBERS, PSYD
LICENSED PSYCHOLOGIST
FLOURISH PSYCHOLOGICAL SERVICES



DR. SHARON LEE, PHD
LICENSED PSYCHOLOGIST
EMBRACING SELF COUNSELING & CONSULTATION

REGISTER HERE!



\$75.00
PER PERSON

SATURDAY, NOVEMBER 8, 11:00AM–1:00PM EST
– OR –
SATURDAY, DECEMBER 6, 1:00PM–3:00PM EST