

# FINDING HOPE THROUGH THE DARKNESS VIRTUAL WORKSHOP SERIES

## SELF-CARE

December 2nd | 3 - 4 pm | [Register Online](#)

As the Pandemic and its restrictions drag on, and as the days get shorter and darker, many of us are feeling ground down in many ways - anxiety and frustration are only a couple of examples! Taking care of ourselves is not just a slogan - it's a necessity! Let's discuss some ideas on how to do this.

## INNER PEACE

December 9th | 11 am - 12 pm | [Register Online](#)

So much of life is rushed, hectic and complicated. Quieting the noise and connecting with our inner self provides a pathway to peace amidst the chaos. This workshop includes practical techniques to slow down, find an inner sense of calm, and cope when things feel overwhelming.

## RESILIENCE

December 16th | 3 - 4 pm | [Register Online](#)

Join us for a session that will focus on the three vital components required in creating and maintaining resiliency. Participants will learn how to build hope and confidence during stressful times as well as specific strategies to incorporate self-care into their daily lives.

## HAPPINESS

January 13th | 7 - 8 pm | [Register Online](#)

During difficult times, the idea of happiness sometimes feels beyond our reach. However, there are scientifically proven ways for improving happiness. In this workshop, we will explore positive psychology, the study of happiness and experiment with new and simple ways of boosting our happiness levels.

## MINDFULNESS

January 20th | 3 - 4 pm | [Register Online](#)

How can being more aware of my thoughts and emotions help me to cope better in my daily life? Join this experiential workshop and take away key mindfulness skills and teachings to help navigate your everyday challenges.

## HOPE

January 27th | 12 pm - 1 pm | [Register Online](#)

Remaining hopeful in times of uncertainty can be challenging. This workshop will review the science of hope and provide attendees with practical knowledge to encourage and sustain hope in their own lives, especially during times of uncertainty.