



led by: _____

KIMBERLY KNULL, RPSYCH, CDWF
TESSA LAWLOR, Registered Provisional Psychologist

at: _____

VIRTUAL

Zoom link will be provided to registered participants



Rising Strong™ After Setbacks

MAY 21 TO JULY 9, 2021

Virtual 8-Week Workshop starting Friday May 21, 2021 1pm to 3pm

Representing Dr. Brené Brown's latest research on vulnerability and shame, the Rising Strong™ workshop, will provide insights into:

Participate in conversations about vulnerability, courage, shame, and worthiness.

Information on emotion and how emotion is connected to behavior and thought.

Awaken your curiosity about emotions – awareness and the ability to articulate – and build our understanding of emotions.

Use the rising strong process at both the micro and macro levels to increase wholeheartedness in living, loving, and leading.

WELLNESS DURING COVID workshops have been possible with funding provided by the Government of Alberta, and partnerships with E4C and the Wellness Network

_____ for more information: _____

587-988-9144 | kturner@e4calberta.org |

<https://wellnessnetworkedmonton.com/about/recoverycollege/>

COST NO FEE