



Cultivating Self Love and Self Compassion

- Every situation gives me an opportunity to learn and grow.
- I have a lot to offer the world.
- I will seek out positive people who lift me up.
- I forgive myself for any mistakes.
- I release all past hurts and cleanse my wounds with forgiveness.
- I will learn to trust that people are not out to hurt me.
- I choose to focus on my strengths instead of my faults.
- Practicing self-acceptance and developing a loving-kindness for ourselves.

Time

Thursdays, 2–3pm

Location

Virtual Group

Please Call Safe Haven for Zoom information at 805–489–9659



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