

# Self-Compassion

*Would you like to be more confident and motivated?*



**A peer support group for self-compassion  
Tuesdays, 11:00 A.M. – 12:00 P.M.**

Self-compassion is an intentional practice we must learn and cultivate. Learning to love and care for yourself can be very empowering. This group explores strategies for being kind to yourself and recognizing your self-worth.

## Zephyr Self-Help Center

1075 E. Santa Clara St. (Back of bldg.)

San Jose, CA 95116

(408) 792-2140

[www.sccbhsd.org/zephyr](http://www.sccbhsd.org/zephyr)



COUNTY OF SANTA CLARA  
**Behavioral Health Services**  
Supporting Wellness and Recovery