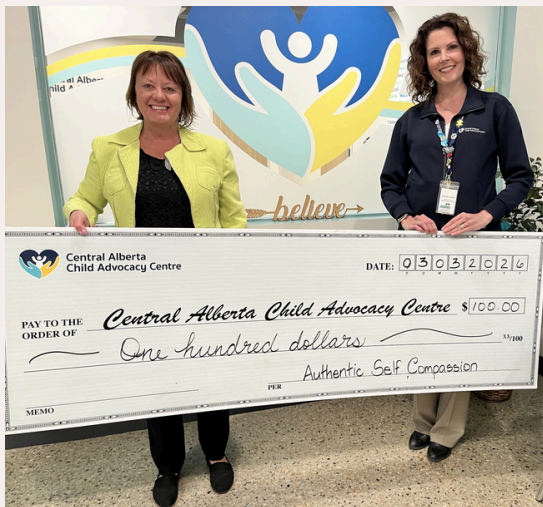


# AUTHENTIC SELF- COMPASSION

MARCH ISSUE #1

## Giving Back!



It was such an exciting feeling to finally launch Authentic Self-Compassion! Thank you to Central Alberta Child Advocacy for helping us launch and being the first recipient to receive a donation!

We will be supporting Canadian Mental Health Association, Central Alberta Region for the month of March! Please spread the word!

## Upcoming Events

✦ JESSICA JANZEN  
MARCH 25, 2026!

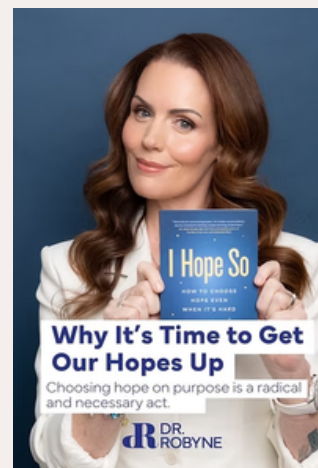
✦ WE WILL ALSO BE  
RECORDING OUR  
FIRST PODCAST  
NEXT WEEK!



# Previous Guests

## MEET OUR GUESTS

It has been so exciting having conversations with our keynote speakers. In February we had the opportunity to engage with Deena Kordt. Deena is a local author, podcaster and publisher. In March we listened to Dr. Robyne Hanley-Dafoe teach us to continue to have hope in a world of uncertainty. Dr. Robyne Hanley-Dafoe is a multi-award-winning education and psychology instructor and resiliency expert. Her book, "I Hope So" launched in February and has ranked the best seller for Globe and Mail.



## BE AUTHENTIC

We encourage our members to grab your favorite beverage, a blanket and join in on our Guest Speaker Zoom meets (you do not need to read the book beforehand, or have your camera and microphone on). It is about having authentic conversations and being comfortable!

If you like what we offer, please encourage others to join. If you would like to provide feedback please email me at: [info@authenticselfcompassion.ca](mailto:info@authenticselfcompassion.ca)

