OEA NEW FALL WORKSHOPS

The Art of Embracing All of You Workshop

This webinar will provide participants with education, guidance and tools to cultivate a healthy, loving relationship with themselves. The way you relate with yourself has a significant impact on your quality of life, relationship with others, and sense of wellbeing and resilience. Strengthening the bond that you have with yourself can help you navigate through adversity and thrive. This webinar will include topics such as unhealthy self-relatedness, ways to foster self-worth and practices to increase self-love and compassion.

Click the dates below to register.

- Thursday, October 14 at 12 p.m.
- Wednesday, October 20 at 12 p.m.
- Thursday, October 28 at 12 p.m.

Taking Back Power Through Forgiveness Workshop

This webinar is designed to help individuals learn more about forgiveness, the benefits of working towards forgiving of self and others, and steps to take to initiate the process. Resources to provide support to individuals embarking on this journey will also be provided.

Click the dates below to register.

- Tuesday, October 12 at 12 p.m.
- Tuesday, October 26 at 12 p.m.
- Tuesday, November 2 at 12p.m.



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