

*Cascade Behavioral Health*

# Learning How to Love Yourself Workshops

Self-love. What is it? How do we do it? How does it impact our relationships? How do gender, race and ethnicity affect how we experience it?

Join Cascade Health's Erica Cross, QMHA for virtual workshops that will help you broaden your understanding of self-love and teach you how to expand and deepen your most important relationship...your relationship with **yourself!**

## **Workshop 1**

An overview of self-love, including the science of self-love and how it affects relationships. Plus, tools to help you practice and implement self-love in your daily life.

## **Workshop 2**

A deeper exploration of self-love, including how to set self-love goals, create healthy boundaries, and prioritize yourself even when life gets in the way.

*To receive a Zoom link, email:*

**[cascadehealthEAP@cascadehealth.org](mailto:cascadehealthEAP@cascadehealth.org)**

photo by Hassan Ouajbir



## **LEARNING HOW TO LOVE YOURSELF**

Tuesday, July 6  
Noon to 1 p.m.  
*(originally offered April 20)*

## **MAKING A PLAN TO PRIORITIZE YOURSELF**

Thursday, July 8  
Noon to 1 p.m.

## **RSVP**

To receive a Zoom link, email:  
[cascadehealthEAP@cascadehealth.org](mailto:cascadehealthEAP@cascadehealth.org)

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