

Finding Our Voices



Finding Our Voices provides support and opportunities to connect with peers while focusing on issues related to self-esteem.

Six week program

Date & Time: To be determined

Location: CUPS Calgary

This program is for: Female-identifying or non-binary individuals 16 years of age and older

Reserve your spot:

Please email FDC@cupscalgary.com

Participants will learn about:



Impact of self-image



Effective communication



Shame and compassion



Healthy relationships with self and others

Each group is approximately 3 hours long and includes experiential learning that allows participants to connect with the facilitator and each other.


Heal. Learn. Grow.

www.sagesse.org