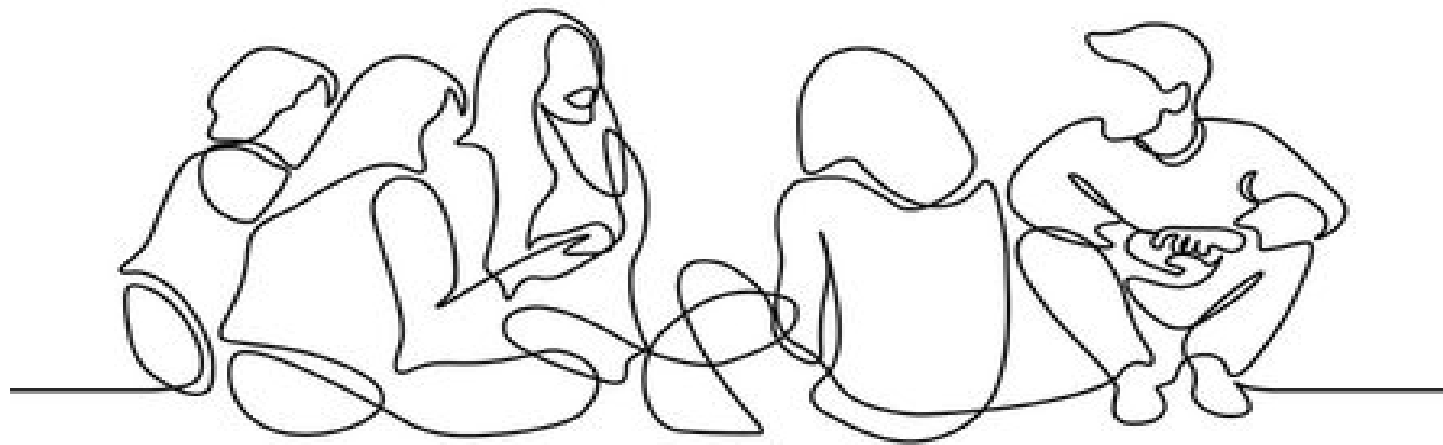


Queer Self-Compassion Group Therapy



We welcome members of the 2SLGBTQIA+ community to join us in developing self-compassion skills shown to improve well-being, relationships, and resilience. This group will build mindfulness and self-kindness through a queer-affirming, anti-oppressive lens.

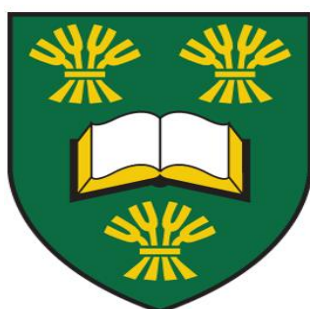


Thursdays from 2-4pm

September 25th to November 20th, 2025

\$100 for all 8 sessions, sliding scale available

**On campus at the
University of Saskatchewan Psychology Clinic**



For more information: psychology.clinic@usask.ca (306) 966-6895