



Union  
Syndicale  
Bruxelles  
**Commission**

# CANCER SUPPORT

## Foundations of self-care

### 5-session lunchtime mini course

### with Ruth Friedman

Anglais seulement!

24 February 2021



Dear colleagues,

The Cancer Support Group invites you to a 5-session lunchtime minicourse on selfcare for 4 Fridays from 26 February to one Thursday - 25 March.

You may already know Ruth Friedman, who is coach and trainer, for her great sessions on self-compassion. This is why we have asked her to give a course to help each participant explore what works for her- or himself, particularly in a period which is not that easy for our mental wellbeing.

You are invited to come with your own questioning and ready to explore. The coach will offer you some tools and prompts for you to find what really suits your individual context.

You are warmly invited to enrol for all the sessions, but as we know that this might be not always possible, we have created enrolment links for each session.

Workshops are free of charge (small donation to the association is always welcome, but not required).

The workshops take place from 12h30 to 14h15 by zoom. Only the people enrolled are sent the link 1-2 days before each session.

February 26 - <https://www.eventbrite.com/e/141723142735>

March 5 - <https://www.eventbrite.com/e/foundations-of-self-care-with-ruth-friedman-2-tickets-141799428909>

March 12 - <https://www.eventbrite.com/e/foundations-of-self-care-with-ruth-friedman-3-tickets-142232586495>

March 19 - <https://www.eventbrite.com/e/foundations-of-self-care-with-ruth-friedman-4-tickets-142234861299>

March 25 (Thursday!) - <https://www.eventbrite.com/e/foundations-of-self-care-with-ruth-friedman-5-tickets-142235962593>

Should you have problems enrolling via those links, please contact Daniela Simionescu (daniela.simionescu@ec.europa.eu) or cancer-support@ec.europa.eu or by phone at +32 2 298 07 41 (Cancer Support Group phonenumber).

The event takes place in English, but you can ask questions in French if you wish so.

Looking forward to see you on the screens next Friday!

Best wishes,

Daniela

PS Feel free to forward to colleagues from all institutions and, if you think useful, to family members that might benefit from this activity.

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<http://www.cancer-support.eu>

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