



NEWSLETTER

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WELCOME

Welcome to our first newsletter !
Since we setup Daru Therapy Centre it has been a very exciting and busy time.

We wanted to share some of those updates with you & keep you informed on centre news. Please feel free to share this with your connections.

Daru has grown a lot since March when we officially launched and we will continue to grow and add services to support our clients needs.



EMOTIONAL INTELLIGENCE

Certified EQ assessment centre.

Emotional Intelligence or EI is ones capacity to effectively recognize & manage our emotions & those of others.

It's the emotions in our social skills, in how we perceive & express ourselves.
How we can make effective decisions & cope with challenges & maintain ourselves .





THERAPY IN NATURE

We are excited to announce in-person sessions in Ancaster, Ontario. Set against the backdrop of a 100-year-old barn, overlooking the Dundas Valley Conservation, our new private outdoor space allows for nature to become a part of every session.

The benefits of simply being in nature have been widely researched and can lead to improved attention, lower levels of stress and overall improvements in both psychological and physical wellness.

For further information please contact us. Limited Availability.

RESOURCES

<https://self-compassion.org/>

Dr. Kristen Neff is a pioneer in the field of self-compassion, has written several books and has created this website to make her work widely available. Filled with information, guided meditation practices, self-compassion exercises and tips for practicing, this website is an excellent resource for those who wish to explore their own self-compassion a little further.



OWNING OUR STORY AND
LOVING OURSELVES THROUGH
THAT PROCESS IS THE
BRAVEST THING WE WILL EVER
DO.

Brené Brown



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