**Welcome to the 2024 Season of the Spirituality in Counselling Chapter!**

It is our passion and pleasure to enter the year ahead with a renewed focus on how we can encourage our peers in the field using a spiritual self -care lens in light of the many selfless hours you are putting into helping those with mental health issues.

We would love your input! As we enter this new season, we look forward to connecting around our Fireside Chats, Speaker Series, and the upcoming conference in May.

**Please find:**

**Our Facebook Page**

<https://www.facebook.com/spiritaulityincounselling?mibextid=2JQ9oc>

**A Member Survey**

<https://www.surveymonkey.com/r/3NLDHQ3>

**Information on our next Fireside Chat**

Topic: **Reflective Self-Care Practice (i.e., How do you take care of yourself?)**

Date: **Wednesday, January 31st 2024**

Time: 7 pm Eastern Time

Image by Freepik

Location: Online <https://ualberta-ca.zoom.us/j/7662105482>

**Our Next Speaker Series**:

As we explore the **impact of spiritual practices, specifically, meditation and prayer on depression and anxiety**. We are pleased to invite Dr Andrew Newberg:

<http://www.andrewnewberg.com/>

**DATES AND DETAILS SOON**