“The more self-acceptance you have, the more happiness you'll allow yourself to accept, receive and enjoy. In other words, you enjoy as much happiness as you believe you're worthy of.” according to Psychology Today. So how do you do this when you’ve been labeled, you’ve done things you’re not proud of, or you don’t believe you have any redeeming qualities? This is your chance to explore how to begin accepting yourself, just the way you are and just the way you are not. You will begin to see beyond the words you or people around you use. Coming to this meeting might have you discover the authentic you, hidden just from sight. As always, we will learn together.