

PWSA | USA 2023 NATIONAL CONVENTION

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FINDING YOUR COMMUNITY

Why You Don't Want To and Why You Must

By Jessica Patay

Founder and Executive Director of We Are Brave Together

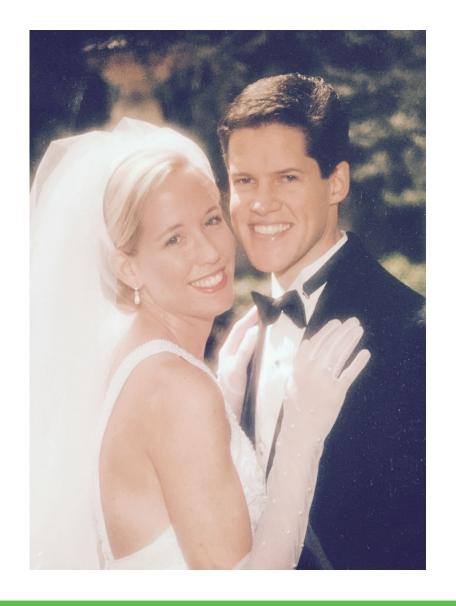




















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The loneliness of only-ness is detrimental to our mental and physical health.



"It is human nature and our birthright to find a place where we feel BELONGING.

- Jessica Patay



3 Reasons Why You Don't Want To Find Your Community

1. You are too busy

2. You are afraid you will become more sad

3. You have been burned before



3 Reasons Why You Must Find Your Community

1. You deserve it



"When you meet other parents who GET YOU, and get your story, it is comforting and transformative."

- Jessica Patay



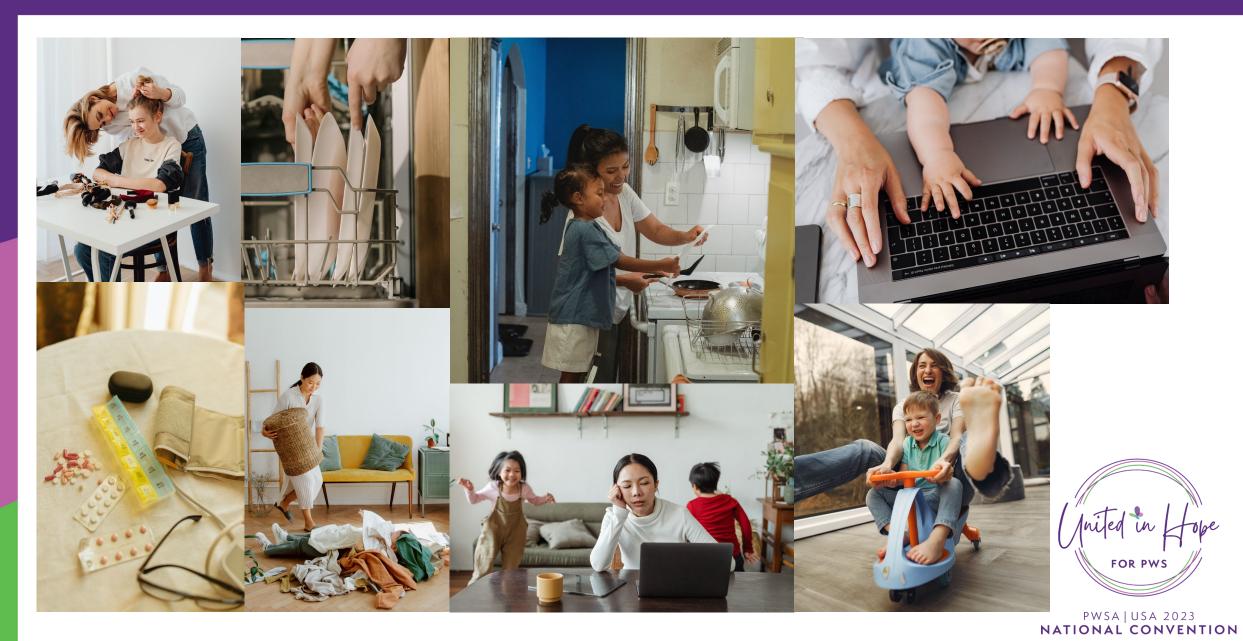
3 Reasons Why You Must Find Your Community

1. You deserve it

2. It is critical to your mental health

3. It is an act of rebellion and self-compassion









SELF-COMPASSION

as defined by Dr. Kristin Neff

Self-compassion involves acting the same way towards yourself when you are having a difficult time, fail, or notice something you don't like about yourself, treating yourself as you would your best friend. You feel warmth and caring and a desire to help the suffering friend in some way. You offer understanding and kindness, rather than any judgment.

https://self-compassion.org/

Community is a balm that soothes intense isolation.

- Jessica Patay



YOU DESERVE TO BE IN A SUPPORTIVE COMMUNITY!



THANK YOU!





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