

Laughter and Liberation: Sharing our Embarrassing Stories!

Join us as we start our 2024/25 WWW season and turn humiliation into humour!

Sharing embarrassing stories frees us from shame and embarrassment and makes us feel less alone, realize our common humanity and laugh out loud – together! We got this idea from [episode 116 of the We Can Do Hard Things podcast](#) (Jyll's favourite podcast!), which was hilarious and so liberating.

Come with your most embarrassing, mortifying stories and free yourself by sharing them with the group!
Or just join us to listen, laugh and support others in their stories.

A light lunch will be served. Please bring your own drink.

If you plan to attend, please reply via this short [RSVP survey](#)

IN PERSON: November 7 | 12 to 1 p.m. | UC 430

Facilitator:

Jyll Weinberg-Martin

Optional Session Prep

If you can, we recommend listening to the episode before coming – you can find the We Can Do Hard Things podcast in your favourite podcast app (search for episode 116).

Women,
Work, &
Wellness

*Sharing stories,
holding space, and
being human
together*

