

Workshop weeds through self-help info

Self Discovery, Not Self-Improvement is a workshop designed for those who feel overwhelmed weeding through the plethora of self-help information.

During the 90-minute session, participants will examine their personal definition of "self" and consider common elements from which people are pressured to derive their sense of identity.

Colleen Akiko Jackson, founder-director of Workshops from the Inside Out, will lead the Nov. 13, 6-7:30pm workshop at 10833 Donner Pass Road, Ste. 201, Truckee.

Register by Nov. 8 by calling (916) 781.6280.