Mindful Self-Compassion
An Eight-Week Course

We invite you to treat yourself the way you would treat a good friend. During this eight-week course, you will learn to cultivate resilience and build on existing inner strength by using self-compassion skills through mindfulness. No previous mindfulness experience is necessary. This course offers an opportunity to explore how we typically respond when inevitable difficulties arise in our lives and to learn tools for becoming a more kind, supportive companion to ourselves and to others. Program activities include short talks, experiential exercises, meditation, group discussion, and home practices.

Research has shown that self-compassion greatly enhances emotional wellbeing. It can boost happiness, reduce depression and anxiety, and can even help to maintain healthy lifestyle habits such as diet and exercise. Being both mindful and compassionate can lead to greater ease in our daily lives.

Registration now open!
Class will meet Wednesdays
5:30pm – 8:00pm
April 24th – June 12th, 2019
Including half-day retreat on Saturday, June 8th

50 E. Washington Ave. Ste 301
Chicago, IL

For more information and to register visit:
staciberman.com
or email us (see side box)

Cost is $400 with payment plans
*limited scholarships available*
Insurance is not accepted for this class

Facilitated by:
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