

# *Change Through Compassion*

*Developing a Practice in Mindfulness and Compassion*

*Summer 2018 Classes Beginning in June*

**Free Info Session June 14 6:30pm-7:30pm**

**Learn how to be kinder to yourself and others,**

**Manage difficult emotions and  
relationships more effectively,**

**Motivate through encouragement vs. criticism.**

**Workshop with Lesley Huff, PsyD offered**

**Thursdays June 21 through August 9,**

**6pm-8:30pm (No class July 5)**

**Tuition \$350 (Payment options available)**

**Retreat Day July 28 10am-1:30pm**

**Samaritan Counseling Center**

**1803 Oregon Pike, Lancaster, PA 17601**

**Contact: Lesley Huff, PsyD,  
Trained MSC Teacher**

**(717)560-9969**

**[www.scclanc.org/events](http://www.scclanc.org/events)**



**SAMARITAN  
COUNSELING CENTER**

*Healthy Minds. Strong Communities.*