



MINDFUL SELF-COMPASSION

8 Week Course

8 Thursdays: October 10th – December 12th
6:00 PM-8:30 PM (no class October 24th and November 28th)

Discover how Mindful Self-Compassion (MSC) can help you to increase your inner resilience when facing life's challenges.

Mindful Self-Compassion (MSC) combines the skills of mindfulness and self-compassion to enhance our capacity for emotional wellbeing.

Join this MSC course and learn to:

- Practice mindfulness and self-compassion in daily life
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism
- Work with challenging relationships
- Manage caregiver fatigue
- Treat yourself as you would a good friend

MSC is therapeutic, but it's not therapy.

Learn more about Mindful Self-Compassion training by visiting <https://centerformsc.org/train-msc/>

Instructor: Barbara Moser MD, Trained Teacher in Mindful Self-Compassion
(Trained by the Center for Mindful Self-Compassion)

Location: Rogers InHealth, 4555 W Schroeder Dr., Suite 185, Brown Deer, WI 53223

Registration: Send Barbara an email at barbaramwfb@gmail.com to register.

Course Fee: (Includes 8 week course, ½ day retreat, and The Mindful Self-Compassion Workbook)

Register by October 4th \$195

Register after October 4th \$245

Partial scholarships are available based upon financial need.

QUESTIONS?

Please contact Barbara regarding course questions at barbaramwfb@gmail.com



Gratitude to Rogers InHealth for hosting this course

