

Mindful Self-Compassion Course

An 8-week course offered virtually

Created by Kristin Neff and Chris Germer

Taught by Heidi Stark and Anjanette Todd

Sponsored by CHWC

What is Mindful-Self Compassion?

Mindful Self-Compassion is an 8-week, evidenced-based experiential program that helps individuals cultivate self-compassion and mindfulness skills to increase their capacity for emotional well-being. Developing self-compassion skills teaches us to treat ourselves with kindness, warmth, and understanding, even in difficult situations. Research has shown benefits, including reducing stress, improving emotional regulation, increasing happiness and satisfaction, and improving interpersonal relationships. Program activities include discussing topics, experiential exercises, meditation, small group interaction, and home practices.

All are welcome on this exploration. Bring a willingness to learn and your curiosity!

There are no prerequisites to this course.

CHWC covers all fees.

Dates and Times:

Classes: Wednesdays - Sept. 13-Nov. 1
9/13, 9/20, 9/27, 10/4, 10/11, 10/18,
10/25, 11/1 6:00-8:45 pm EST (The first
class may run 15 minutes longer)

Half-Day Retreat: **(In-Person and
Virtual Option!)** Sat, Oct. 14, 9:00 am-
1:00 pm (online or @ CHWC)

To register, contact Kathy Davis - at
kathydavis@chwchospital.org

Registration Deadline - 9/5

Class Size is limited to 25 participants

Requirements:

This course will be conducted virtually through Zoom. The experiential nature of **this class requires both audio and video access**. A computer is recommended versus a tablet or phone.

Attendance is important, and participants are asked to attend all sessions. If you know you will miss more than two sessions, taking this course at a future offering is suggested.

Heidi Stark, M.Ed. and Anjanette Todd, Ph.D. are trained MSC teachers through the Center for Mindful Self-Compassion and MBSR teachers through Brown University's School of Public Health.

