

Mindful Self-Compassion

Registration Form - Fall 2023

Dates & Times

Wednesdays September 13, 20, 27 October 4, 11, 18, 25 November 1
6-8:45 p.m. (First class may run 15 minutes longer.)

Plus a half-day retreat on Saturday, October 14 from 9 a.m.-1 p.m., (In-person or virtual option.)

Requirements

This course will be conducted virtually through Zoom and requires both audio and video access. A computer is recommended, versus a tablet or phone. Participants are asked to attend all sessions.

Registration

Sign up by September 5, 2023 by contacting Kathy Davis at kathydavis@chwchospital.org. This class is limited to 25 participants.

Fully Funded by



Program Teachers

Heidi Stark, M.Ed. and Anjanette Todd, Ph.D.
are trained for Mindful Self-Compassion and Mindfulness
Based Stress Reduction through Brown University School
of Public Health.

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Full name _____

Phone _____ Email _____

Yes, I fully understand that in exchange for Community Hospitals and Wellness Centers covering my course fees I will make every effort to attend every session of this course.

Commitment signature

Date