

Kanata North

Mondays: 3:45 - 6:15pm

Apr. 20, 27, May 4, 11, June 1, 8, 15, 29, 2020

Wednesdays: 4:30 - 7:00pm

Apr. 22, 29, May 6, 13, 20, 27, June 3, 10, 2020

Thursdays: 6:15 - 8:45pm

Apr. 16, 23, 30, May 7, 14, 28, June 4, 11, 2020

Admin/Materials Fee: \$150 • Course covered by OHIP

Mindful Self-Compassion

Objective:

Mindful Self-Compassion (MSC) is an empirically-supported, 8-week, training program designed to cultivate the skill of self-compassion through self-kindness, common humanity, and mindful awareness.

"With self-compassion, we give ourselves the same kindness and care we'd give to a good friend."

~ Kristin Neff

Topics:

- Practice self-compassion in daily life.
- Understand the empirically-supported benefits of self-compassion.
- Motivate yourself with kindness rather than criticism.
- Handle difficult emotions with greater ease.
- Transform challenging relationships, old and new.
- Manage caregiver fatigue.
- Practice the art of savoring, gratitude, & self-appreciation.



What to Expect:

Program activities include: meditation, short talks, experiential exercises, group discussion, and home practices. The intention over the 8-week course is for participants to directly experience self-compassion and learn practices that evoke self-compassion in daily life. MSC includes 8 weekly sessions of 2.5 hours each, in addition to a 4-hour retreat. Prior to registering, participants should plan to attend every session and practice mindfulness and self-compassion at least 30 minutes per day throughout the program.

Prerequisites:

No previous experience with mindfulness or meditation is required to attend MSC. Interested participants are required to attend a 60 minute Information Session prior to starting the course.

Information Sessions:

Kanata North • Mon. Apr. 6, 5 - 6pm or 7 - 8pm • Wed. Apr. 8, 7 - 8pm • Thurs. Apr. 9, 5 - 6pm or 7 - 8pm

reYoga on Hannah • Tues. Mar. 24, 6:30 - 7:30pm • Tues. Apr. 14, 6:30 - 7:30pm

Presenter: Robin Beardsley, MD

Robin Beardsley, MD is a Physician who practices psychotherapy and a Trained Teacher in Mindful Self-Compassion. She has always had a passion for care for the caregiver. MSC helps to meet this passion and fits with her positive psychology approach.