

REFERRAL REQUEST FOR MINDFUL SELF COMPASSION COURSE

Led by:

Dr. Elizabeth Parsons and Dr. Robin Beardsley

What is Mindful Self Compassion (MSC)?

MSC is an 8-week training program designed to cultivate the skill of self-compassion through self-kindness, common humanity, and mindful awareness.

Participants will learn tools to utilize throughout life to:

- Handle difficult emotions with greater ease
- Build your capacity to handle stressful challenges
- Care for yourself while caring for others
- Reconnect to the values that give your life and work meaning

As you may know your patient will need a referral for an intake assessment in order to attend this group and be covered by OHIP.

Please make your referral:

To the Mindful Self Compassion Group led by Dr. Elizabeth Parsons and Dr. Robin Beardsley

Please fax the referral to 343-888-2011

If you have any questions contact us at <https://yourcompassionateself.ca/contact/>

Thank you