

REGISTER FOR

**JAN**

2015

- ▶ Mindfulness
- ▶ Compassion
- ▶ Creativity
- ▶ Connection
- ▶ Nourishment



# MINDEFUL COMPASSION

A ten-session compassion-focused therapy group program facilitated by Tracy Riley, M.A. C.Psych.Assoc.

Using the science of compassion and mindfulness to learn to work with challenging emotions and self-criticism in helpful ways

This program is set to begin in January 2015 on the dates and times that work best for the majority of those who are interested (selected from a list of options). Contact Tracy Riley for more information. Website: [inspiringconnections.ca](http://inspiringconnections.ca).

613-532-7519 tracy.riley@inspiringconnections.ca.

Kingston, ON

▶ Tracy Riley, Psychological Associate, Inspiring Connections