

# **MINDFUL COMPASSION**

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

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

**➤ *Mindfulness, Compassion, Creativity, Connection***

This program is next set to begin in January, 2015 on the dates and times that work best for the majority of those interested (selected from a list of options). Contact Tracy Riley for more information.

Phone: 613-532-7519 | Email: [tracy.riley@inspiringconnections.ca](mailto:tracy.riley@inspiringconnections.ca) | Website: [inspiringconnections.ca](http://inspiringconnections.ca)

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In this group, you will learn how to use the science of compassion and mindfulness to help you learn strategies to work in skillful ways with the self-criticism and challenging emotions such as anxiety and worry that you experience—learning to approach and navigate these experiences with understanding, wisdom, and courage.

The program includes educational information, training in mindfulness meditation and compassionate mind skills, group discussion, as well as other creative activities such as writing and collage. You will be asked to practice the exercises you are learning each week regularly between sessions and will be provided with print materials, as well as audio recordings of meditations to support your practice.

**Target Audience:** The winter program is geared toward individuals ages 20 and over who would like to work on lessening the impact of significant self-criticism and on enhancing feelings of well-being. Individuals may also be experiencing negative feelings about themselves, anxiety, and worry.

**Location:** 505 Alfred St, Unit B; Kingston, ON

**Program Fee:** \$90 to \$100 per 90 min session; 10 sessions total. (Pay the fee within this range that you are able.)

**Group Size:** This program is offered in a small group format. Please register early to avoid disappointment.

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