

REGISTER FOR
MAY
2015

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



MINDFUL COMPASSION

A twelve-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 early May 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.

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