



MINDFUL SELF-COMPASSION 8-WEEK COURSE

Sundays 1:00-3:00pm • \$525

January 24 - March 14

April 7 - May 26 (Wed) 6:30 - 8:30

August 8 - October 3 (Sun) 1:00 - 3:00 (skip Labor Day weekend)

October 20 - December 5 (Wed) 6:30 - 8:30, (skip Thanksgiving week)

****12 CEs offered for Social Workers and LPC's**

Mindful Self-Compassion involves repeatedly showing goodwill toward ourselves, especially when we feel frustrated, hurt, inadequate, or overwhelmed. MSC allows us to acknowledge our difficult thoughts and feelings with a spirit of openness, curiosity, and love rather than self-judgment or self-criticism.

In this class you will discover the science and physiology behind self-compassion and learn the skills to practice self-compassion in your daily life. The class includes meditation, teaching, and time for connection and sharing. With practice, we can all learn to be a better friend to ourselves.

MSC can help you:

- Stop being so hard on yourself
- Lower stress and improve overall wellness
- Handle difficult emotions with greater ease
- Develop better boundaries
- Feel more connected in relationships
- Manage caregiver fatigue

**For more information, please contact
Diane Hilleary at 678-701-7236 or email
diane@atlantaselselfcompassion.com**



**Diane Hilleary
LCSW**

Diane Hilleary, LCSW, CEDS is a psychotherapist and mindfulness instructor with more than 15 years experience teaching skills and strategies to improve well-being to individuals and groups. Diane is a Trained Teacher of the Mindful Self-Compassion curriculum and founding director of the Atlanta Center for Self-Compassion. Diane's work is research based, trauma-informed, and infused with social justice to empower students to find freedom from shame and live more compassionate lives.

**GROUPS ARE VIRTUAL
UNTIL FURTHER NOTICE**



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