



Short Course in Mindful Self-Compassion

**During these challenging times
Learn how mindfulness and self-compassion can
Help us cope with stress and anxiety,
Improve our emotional well-being, and
Take better care of ourselves in these times of uncertainty.**

**6 Tuesdays, May 19 through June 23, 2020
6-7 p.m.**

Free Introductory Session May 12, 6-7 p.m.

This new course from the Center for MSC is offered **online.**

Includes recorded meditations and handouts.

Cost: \$240 (negotiable); \$120 for repeat participants.

CEs available separately.

***Paulette Grotrian, Certified MSC Teacher, and Karen Kerr, LSMW,
Trained MSC Teacher and Psychotherapist, Instructors***

Please register with Paulette.

www.mindfulnesswithpaulette.weebly.com



Paulette Grotrian, M.A., UCSD Certified MSC Instructor
Trained with renowned Kristin Neff and Christopher Germer
MBSR Instructor, U/Mass Medical School
Founding member, Ann Arbor Center for Mindfulness.

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or 734-276-7707.**