

Cultivating Self-Compassion



A Support Group
Facilitated by Jennifer Downs



Through mindfulness, kindness and interconnectedness we will practice developing a more compassionate mind and becoming our own best friend.

Cultivating self-compassion allows us to face difficult situations with more emotional stability, resiliency and presence.

In addition, in this group we will experience how we can:

- Move from self-criticism to self-compassion as motivation for change**
- Calm our nervous system and cope more effectively with stress and anxiety**
- Create an attitude of humility, gratitude, and acceptance of ourselves and others**

Where: Private home in Ashland
Date and time TBD



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