



Project Self-Compassion

**NEW FORMAT
For MIDDLE SCHOOL GIRLS!**

*Part I: Roadmap to the Treasure
of Self-Compassion*

Part II: Journeying with Emotions

We often learn how to be kind to others,
but are you able to be kind to yourself?

Do you ever struggle with negative
thoughts? Are you ever overwhelmed
by emotions that feel out of control?

Do you wish you could accept yourself
for who you are – with all your strengths
and imperfections?

YOU ARE NOT ALONE!

Come, take the time to talk with other supportive girls about the challenges of day-to-day life. With guidance from a skilled facilitator:

- Improve your ability to handle the difficult thoughts, emotions, and situations that come your way in life.
- Become more resilient by accepting yourself and your circumstances.
- Develop your self-compassion and see the powerful impact that has in the way you interact with others.
- Be empowered to react less intensely and to respond more thoughtfully to challenging situations.

Project Self-Compassion offers lessons on emotional wellness that may have a life-long, positive impact on girls!



Two-Part Workshops

Part I: Wednesday, April 3 (5-8 PM, pizza included)

Part II: Saturday, April 6 (9-noon, snack included)

or

Part I: Wednesday, April 24 (5-8 PM, pizza included)

Part II: Saturday, April 27 (9-noon, snack included)



We are looking at scheduling options for May, so please call if you are interested.

**Project Self-Compassion is \$60 per Two-Part Workshop. Registration is required.
Please call to register. Fee reductions are available based on need.**

www.TriCityFamilyServices.org

630.232.1070