



SELF-COMPASSION 101

**FACILITATOR: STEFANI PILA, PHD
LICENSED CLINICAL PSYCHOLOGIST**

School is hard! And being hard on yourself only makes it harder. The essential skills of self-compassion and mindfulness have been shown to help students better manage their stress and keep moving toward their goals.

In this 4 week series, you will learn the foundations of mindful self-compassion through presentations, discussions, and experiential exercises that you can then use to help you make it through the end of the quarter and beyond!

**Starts: Week of Oct 10th
Meets: Tuesdays @ 12:00 pm
Lincoln Park Campus**

**Want to Sign Up?
Scan the QR code & Click
"Book a Group Screening"**

