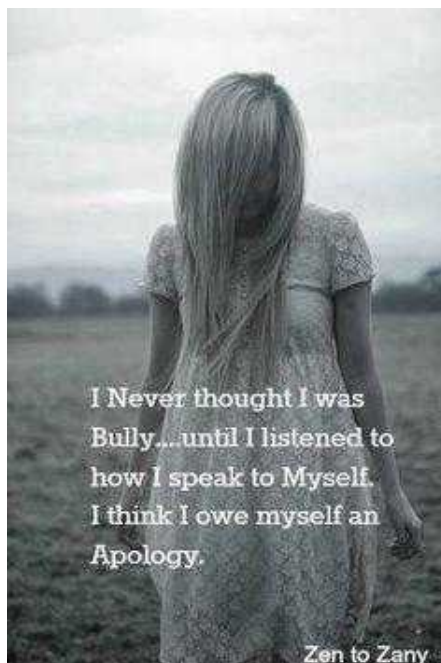





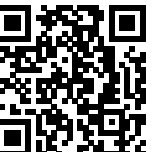






Mindful Self Compassion Course



Location **North, South Wirral**
<https://www.freeadsz.co.uk/x-174435-z>



an empirically-supported, 8-week, training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding. Winter Course January 12th, 19th, 26th, February 2nd, 11th, 16th, 23rd, March 3rd (5.30-8).

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