

MINDFULNESS: SELF COMPASSION

FREE ZOOM WEBINAR

You can join by telephone as well!

July 29, 2020 at 1:30pm

PRESENTED BY: Ester Odermatt, MSW, RSW
NFHT Mental Health Clinician

"UNLIKE SELF-CRITICISM, WHICH ASKS IF
YOU'RE GOOD ENOUGH, SELF-COMPASSION
ASKS, WHAT'S GOOD FOR YOU?"

- KRISTIN NEFF

www.MrsMindfulness.com



REGISTRATION LINK: please click below to register for this webinar

https://us02web.zoom.us/webinar/register/WN_MhRIUCJgRLSTbIfU8eX4fQ



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