



6-week Mindful Self-Compassion Short Course (MSC - SC)

Instructor: Dr. Patricia Isis, Ph.D.
LMHC-QS, ATR-BC, ATCS

Learning Objectives:

- **Develop a practice of cultivating compassion and loving-kindness toward oneself**
- **Build emotional strength and resilience**
- **Decrease self-criticism and burnout**

**Mondays, April 14th
to May 19th, 5:30 - 7 pm**
Live Online



**9 Master Plan Points
for M-DCPS Staff**



Scan here to register

For more info email: info@mindfulkidsmiami.org

