

SHORT COURSE IN

Mindful Self-Compassion



A 6-week program to cultivate kindness, resilience and well-being for parents who experience a level of estrangement from an adult child.

YOU WILL LEARN TO:



Be kinder to yourself



Handle difficult emotions with more ease



Connect with our shared humanity



Bring self-compassion into daily life

LEARN. PRACTICE. GROW.

Develop the skills of self-compassion to navigate life's challenges with greater ease, understanding and emotional well-being.

OASIS COMMUNITY CENTER

May 18-June 29
(except Memorial Day)
Mondays, 3:00-5:00 pm

To register, email
admin@oasisbethlehem.org

Presented by Maryanne Jones Godbout,
DNP, PMHCNS-BC



An OASIS Reconnection
Community program

OASIS programs are offered to support families and friends impacted by a loved one's substance-use.

OasisBethlehem.org

3410 Bath Pike, Bethlehem, PA

484-747-6825

