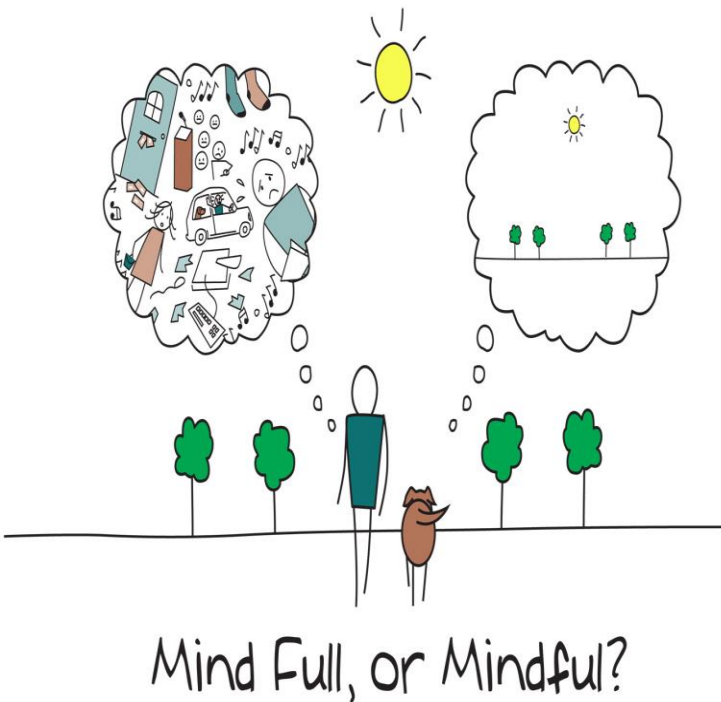


# MINDFULNESS AND SELF-COMPASSION

## Family, Friends and You Webinar

This webinar will educate you on the science of mindfulness, the importance of self-care and self-compassion for caregivers. Learn to cultivate a healthy foundation for self-care while trying to balance the chaos of life and work. Explore some simple techniques that allow you to fill your own emotional cup, enabling you with the ability to be more responsible for your own mental well-being. Spend some time learning how to work with emotions in a healthy way. You'll learn how to create a practice of mindfulness that allows you to work from a place of non-judgement, by not attaching to thoughts of the past or projected future.



**Mike Masse is a holistic therapist who specializes in mindfulness-based stress reduction. For over a decade, he has been teaching adults, youth and children mindfulness skills to help reduce their levels of stress and anxiety. Mike's engaging and encouraging teaching style will have you feeling excited and hopeful about what mindfulness can do to transform your well-being.**