

Mindful Self-Compassion (MSC)

Skills of Mindfulness and Self-Compassion to Enhance Wellbeing

8-Week Course



WHY TAKE A MINDFUL SELF-COMPASSION COURSE?

- Research-based evidence demonstrates that self-compassion is related to emotional well-being.
- Use self-compassion to live in accord with your values
- Helps build emotional strength for dealing with everyday stresses
- Motivate yourself with kindness rather than criticism
- Manage caregiver fatigue

This program is designed for the general public, no meditation experience required

Want to learn more about MBSR? Join us for a FREE 1-HR Introductory Workshop

Register and learn more at www.chacmc.org/courses



Dates: Wednesday Evenings,
October 11, 18 and 25, November 1, 8,
15 and 29, December 6
Time: 6:00-8:30 PM

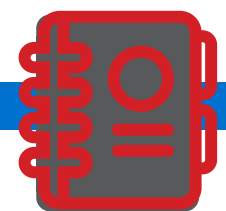
Retreat: Saturday, November 18, 2017
Time: 9:30 - 1:30 PM

Location: Cambridge Health Alliance
Center for Mindfulness & Compassion
26 Central Street,
Somerville, MA 02143,
2nd Floor Community Room



"I learned that I can change the way I relate to myself as well as my relationship with difficult things... that it is my knowledge of myself that matters, not others' perceptions of me."

"The most important thing I learned from this course is that I can provide happiness and love to myself."



Instructors: Cecelia Fernandez-Hall, PhD and Elyse Simon, MA

Cost: Early Bird until 9/11: \$550
September 11- October 5: \$600
October 5 - October 11: \$650

50% off for CHA patients/employees
Need-based scholarships available

Questions: cmc@challiance.org
617-591-6132
www.chacmc.org



Center for Mindfulness and Compassion

Course Instructors:



Cecilia Fernandez-Hall, Ph.D., is a clinical psychologist practicing in Andover, MA. She specializes in mindfulness-based treatment of anxiety and depression with adults. She received her doctoral degree from American University in Washington, DC. She earned a certificate in Mindfulness and Psychotherapy from the Institute for Meditation and Psychotherapy in 2013. She also completed the Mindful Self-Compassion (MSC) Teacher Training in 2014. In addition, she has practiced mindfulness meditation, with an emphasis on Mindful Self-Compassion, since 2010..



Elyse Simon, MA, is a relational mindfulness and compassion practitioner and educator in Lexington, MA. She received her master's in 2015 with a specialization in Integrative Health from the Interdisciplinary School at Lesley University in Cambridge, Massachusetts. She has been teaching mindfulness-based treatment programs for oncology patients and practitioners since 2011. She is a mind-body practitioner for the Y Organization and groups in healthcare, as well as a group leader for the PINK program for breast cancer survivors at Lahey Hospital Cancer Center. Simon became a trained instructor in 2010 at University of Massachusetts Medical School in Mindfulness-Based Stress Reduction (MBSR) and completed Mindful Self Compassion (MSC) Teacher Training in 2014. Her personal practices in Mindfulness began in 2001 and in Insight Dialogue and Compassion in 2011.

The **Center for Mindfulness and Compassion (CMC)** is an interdisciplinary center within Cambridge Health Alliance (CHA). CMC aims to enhance the health and well-being of Cambridge Health Alliance and our local community by integrating mindfulness and compassion into healthcare. Grounded in the value that mindfulness and compassion are innate human capacities that support health and well-being, CMC aims to foster an inclusive, caring and multi-cultural community that allows individuals to thrive.

Visit our website at www.chacmc.org to learn more about our workshops, courses and offerings.

Contact our Center at cmc@challiance.org or 617-591-6132



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