



**MINDFUL KIDS**  
MIAMI  
STRONG HEARTS • STRONG MINDS

Online Course

# **MSC** **MINDFUL SELF COMPASSION** (SHORT COURSE)

A 6-week, evidence-based course in mindfulness, self-kindness and resilience

*Why is self-compassion a more effective motivator than self-criticism?*

*Because its driving force is love, not fear. – Kristin Neff*

**MONDAYS, APRIL 6TH – MAY 11TH**

**5:30 – 7:00 PM**

**LIVE ONLINE**

*Learn practical tools to respond to stress, self-criticism, and life's challenges with greater care and balance.*



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