



WEEKLY MINDFULNESS AND SELF-COMPASSION GROUP

*Join us for a time of
connection, mindfulness, and
group meditation practice*

WHEN: SUNDAYS FROM 1-2:30 PM

**WHERE: CONTACT JAMIE AT
JSIEGEL@SCCCLINK.COM OR WILLY
AT WREN@SCCCLINK.COM FOR
DETAILS AND ZOOM LINK**

COST: FREE (DONATIONS ACCEPTED)

***This is a community drop-in group - not a therapy group - where everyone is welcome and no previous meditation experience is necessary.**

Supervised by: Carrie Helgeson, LCSW #25210