



# Mindful Self-Compassion (MSC) Danforth Workshop

*"Rather than wandering around in problem-solving mode all day, thinking mainly of what you want to fix about yourself or your life, you can pause for a few moments throughout the day to marvel at what's not broken. You"*

*—Kristin Neff, Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind*

Mindful Self-Compassion (MSC) is an empirically-supported, 8-week, training program designed to cultivate the skill of self-compassion. Based on the ground-breaking research of Kristin Neff and the clinical expertise of Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

MSC is an excellent compliment for MBSR or SMART grads & recommended for SMART Facilitator Training Pathway Applicants.

More information on the Mindful Self-Compassion Workshop [HERE](#):

<http://www.mindfulnesseveryday.org/msc.html>

**Register [HERE](http://www.mindfulnesseveryday.org/machform/view.php?id=60494):** <http://www.mindfulnesseveryday.org/machform/view.php?id=60494>

## Fall 2019 SCHEDULE

Mondays OCT 21 – DEC 09, 2019 | 1:30 - 4:30 pm

Retreat: Sunday Nov 24, 2019 | 10 am - 1:30 pm

**Location:** The Estonian House

958 Broadview Ave, East York, ON M4K 2R6

**Facilitator:** Markus Bohlmann PhD

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Participants are encouraged to bring a journal to the course for their reflections.

It is recommended that participants read one or both of following books before or during the program:

- **Self-Compassion: The Proven Power of Being Kind to Yourself**, by Kristin Neff
- **The Mindful Path to Self-Compassion**, by Christopher Germer