

Counseling and Psychological Services

Mindful Self-Compassion

Fall 2021 | Wednesdays 12:00-1:00 PM

Using evidence-based tools and supportive exploration, this group promotes emotional strength and resilience through compassion, allowing us to admit our shortcomings, forgive ourselves, care for others, motivate, and embrace our humanity.

Each workshop is 45 minutes to one hour. Attendance is expected at each of the three workshop sessions, as the information builds on material from previous sessions. The Mindful Self-Compassion workshop is not a substitute for formal counseling and does not constitute mental health treatment.

To find out about registration, please consult with a CAPS clinician regarding referral. Once registered, you are welcome to join this free workshop series using the link that will be provided to you.

Should you have any questions or need accommodations, please contact counsel@gwu.edu

Zoom link will be provided by the facilitator.

SECTION A

September 15

September 22

September 29

SECTION B

October 13

October 20

October 27

SECTION C

November 3

November 10

November 17

COUNSELING AND PSYCHOLOGICAL SERVICES

Colonial Health Center

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