

# Counseling and Psychological Services

## **Mindful Self-Compassion**

Spring 2022 | Tuesdays 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](mailto:counsel@gwu.edu)

Zoom link will be provided by the facilitator.

### **SECTION 1**

**January 18**

**January 25**

**February 1**

### **SECTION 2**

**February 15**

**February 22**

**March 1**

### **SECTION 3**

**March 22**

**March 29**

**April 5**

#### **COUNSELING AND PSYCHOLOGICAL SERVICES**

Colonial Health Center

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