

# Mindful Self-Compassion

## AWARENESS SESSION

Mindful Self-Compassion Awareness Session (MSC90) is a 90-minute evidence-informed training in mindful self-compassion. Locally adapted by Prevent Suicide Today, this is an introductory version of the eight-week MSC program developed by the Center for Mindful Self-Compassion.

MSC90 focuses on building awareness and teaching basic skills in self-compassion. MSC90 encourages participants to:

- *Gain an understanding of mindful self-compassion*
- *Explore the benefits of self-compassion*
- *Identify ways to implement self-compassion into daily life*
- *Recognize community resources for mindful self-compassion*

MSC90 IS OFFERED FOR FREE  
TO ANY ORGANIZATION OR GROUP  
IN CHATHAM COUNTY

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