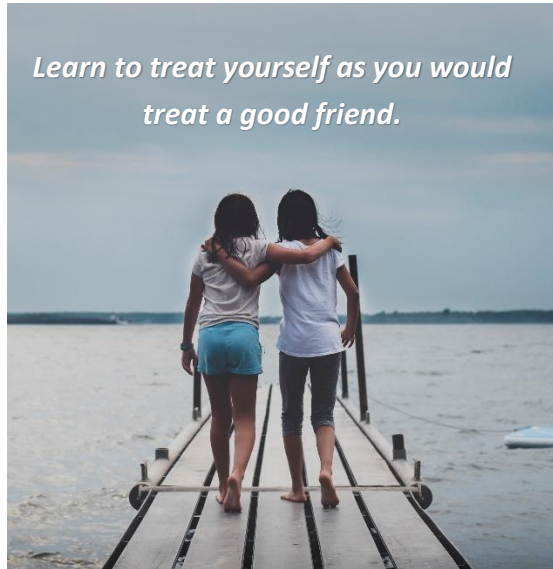


# Making Friends with Yourself

A Mindful Self-Compassion course for Teens ages 11-17

Free preview on January 24 from 7pm-8pm



- Do you ever compare yourself to others and feel insecure?
- Are you sometimes critical of yourself when you fall short?
- Would you like to learn to treat yourself with more kindness?
- Do you ever start worrying and wonder how you can help yourself feel okay again?

Through developmentally appropriate activities and meditations, teens who take this course will learn specific mindfulness and self-compassion tools to help them navigate the emotional ups and downs of life with greater ease.

**When?** Thursday nights, January 31<sup>st</sup>-March 21<sup>st</sup> from 6:30pm-8:15pm

**Where?** Northwoods—located across the street from Shorewood High School  
1572 E Capitol Dr, Shorewood, WI 53211

**Instructor:** Jamie Lynn Tatera, certified Mindful Self-Compassion instructor

Visit <http://www.whollymindful.com/mindfulness-classes.html> or contact Jamie Lynn [jamielynn@whollymindful.com](mailto:jamielynn@whollymindful.com) to register or learn more.

*"The self-compassion class was good because it helped me to be more kind and calm toward myself. -Amanda N., age 13*

