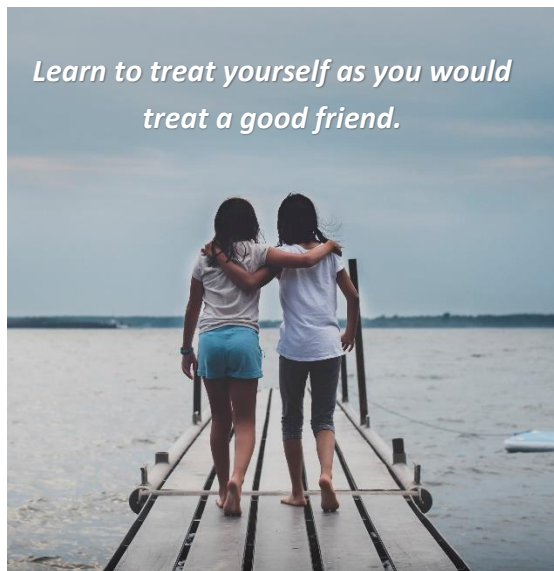


# Making Friends with Yourself

A Mindful Self-Compassion Course for Teens, Tweens, and Parents  
Register as an Individual or as a Parent-Child Pair

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 (ages 11-17) and parents 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 at [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*

*“The Wholly Mindful Parent-Child class helped my daughter and me bond in having a shared experience of working together on something so soothing and important to us. It is just as much for parents as it is for girls!!” -Jen T., Whitefish Bay*

