

For teens
only!
11-17

Don't tell
Mom & Dad
it's so much
FUN!

UNLEASH

your inner superhero

Studies now link Self-Compassion and Mindfulness practices with a host of positive benefits:

- Like yourself more • Cope better with stress • Feel more comfortable in your own skin •
- Make better, more uplifting choices • Care more – but worry less!

Making Friends with Yourself

Tuesdays and Thursdays

June 23 – July 16 • 1:30 – 3:00pm CT

you will learn to:

- Disarm debilitating stress and anxiety
- Handle difficult emotions with greater ease
- Strengthen your resiliency and positivity
- Increase your capacity to advance toward your goals
- Feel less alone in your struggles
- Become the best version of YOU!

Instructor: Jamie Lynn Tatera
Certified Mindful-Self-Compassion Instructor
www.whollymindful.com

Location: Live-online using Zoom

8 Sessions: Tuesdays & Thursdays, June 23 thru July 16, 2020

Investment: \$297 registration
Partial Scholarships are available

Teens: 11-17

Registration & more information
<http://www.whollymindful.com/mfy-reg.html>

*"I wish I had learned that I could be kind to myself
a long time ago... it has made my life easier, and I am happier."*
Teen attendee of "Making Friends with Yourself"



wholly Mindful

Because a HEALTHY MIND is the foundation of a happy life

Make new
friends

