

Cultivating Compassion



How can mindfulness remind us about compassion for others and for ourselves? This session explores one of the highest qualities of practicing mindfulness. Compassion. When we act with self-care using mindfulness practices we are able to offer compassion to ourselves and others.

For more program details, visit the registration page.



**Tuesday, April 14
4:30 PM to 5:15 PM**

Zoom

**Jeannine Schroder,
Mindfulness Based Stress
Reduction Instructor (MBSR)**

**[Register here](#)
by April 14**



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