

# The Art of Self-Compassion

An 8-week virtual adult art therapy  
support group for women

Starting March 1

Wednesdays, 6-7:30pm EST on Zoom

During these 8 weeks, we will use art therapy techniques in conjunction with the teachings of Dr. Kristin Neff to strengthen our understanding of self-compassion and learn how to be kinder to ourselves.

Led by Liz Van Buren, ATR-BC  
Art Therapist at Mindful Body  
Therapy & Wellness

\$400 plus the cost of materials  
(\$200 due at registration)

For questions, contact Liz via email at  
[liz@mindfulbodytherapyandwellness.com](mailto:liz@mindfulbodytherapyandwellness.com)

Register on or  
before 2/20:

