



Being Human

BUILDING SELF COMPASSION SERIES

People can find it difficult to treat or speak to themselves with love and kindness. Join us for a seven week workshop group series to begin developing compassion towards yourself.

Tuesdays at 7:15pm
Feb 9, 16, 23, Mar 2, 9, 16 and 23

RSVP on our website:
www.TherapyWithLillyana.com

Donation-Based
Some Insurances Accepted

